



Strength & Flexibility



Flexibility - Hamstrings



Seated on the floor, sit with your back straight, and legs together and extended in front of you. Flex your feet toward the ceiling, and bend your torso forward over your legs, reaching your arms toward your feet. Hold for 30 seconds, 2 times per day.

Variation: Single leg, with the right leg extended out in front of you, bend your left leg so that your left foot touches your right knee. Bend your torso forward, over your right leg, reaching towards your foot. Repeat on the opposite side.



Flexibility - Butterfly



Start in a seated position, with your back straight, your knees bent, and the soles of your feet touching. Grasp your ankles and slowly lean forward, keeping your back straight. Hold the ending position for 30 seconds, 2 times per day.

Variation: Sit slightly in front of a chair. Lean forward, resting your arms on the seat of the chair.



Flexibility - Quadriceps

Stand on your left leg with your knees touching; you can hold onto a wall or a chair for balance. Bend your right knee and grasp your right ankle with one hand. Carefully, continue bending your knee as far as possible, until you feel a stretch in the front of your thigh.

Hold for 30 seconds, 2 times per day.



Flexibility - Knees to Chest



Lying flat on your back, bend your knees and gently pull them toward your chest. Hold for 10 seconds, 3 times per day.

Variation: Bring one leg to your chest at a time. Hold.

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Flexibility - Seated Twist



Seated on the floor, sit with your back straight and your legs extended in front of you. Bend your right knee, then cross your right leg over your left, placing your foot next to your left thigh. Reach your right arm behind you, placing your fingertips on the floor, gently twisting your torso to the right. Bring your left arm around to the outside of your right knee. Take a deep breath, and exhale as you gently twist further to the right.

Flexibility - Psoas



Sit on the edge of a table or bed with your legs hanging off. Carefully lay your torso back onto the table while pulling your right knee towards your chest. Let the left leg hang off the edge of the table, keeping it relaxed. You should feel a stretch at the front of your left hip. Repeat on the right side. Hold for 30 seconds, 2 times per day.

Advanced: Lay face down on a table with your right leg hanging off the side, planting your foot on the floor. Push your torso off the table, keeping the left leg straight. You should feel a stretch near your left hip. Repeat on the right leg.

Strength - Squat



Stand with your feet about hip width apart. Extend your arms out in front of you, keeping your chest up, spine neutral, and feet flat on the floor. Take a deep breath in and bend at your hips, sending them backward as your knees begin to bend. Continue to squat down - keeping your knees in line with your feet - until your hip joint is lower than your knees. Keeping everything tight, breathe out and drive your torso up, pushing through your heels, and squeezing your glutes. Finish standing with your hips fully extended.

Variation: Using a chair - squat until you touch the chair, then push yourself up.

Strength - Lunges



Start standing with your feet hip width apart. Take a large step forward with your right foot, lowering your body until both knees are bent at a 90 degree angle. Make sure to keep the right knee directly above your foot. Lightly tap your left knee to the floor, while keeping weight in the right heel. Press into the right heel to drive back up to starting position.