

Flexibility - Stretch Strap

The following flexibility exercises will help bring balance back to your body, relieving tension and the associated aches and pains. Active-isolated stretching will help lengthen short or stiff muscles by re-programming your muscles to contract and relax through new ranges of motion.

Hold each stretch for 2 seconds while exhaling, then relax back to the start position and continue for 10 reps each. Do not bounce through the end range of the stretch.

1



CALF STRETCH (STRAP)

- Lie on back with stretch strap wrapped around right foot & leg raised 45 degrees in the air
- Actively pull your right foot to your shin & then give assistance with the rope
- Exhale during the stretch Actively pull your foot to your shin even when assisting with the strap
- Complete reps, repeat on opposite side

4



ABDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & outside of leg
- Actively raise leg across body, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

2



STRAIGHT LEG HAMSTRING STRETCH (STRAP)

- Keep right leg straight, actively raise it, then give gentle assistance with stretch strap until you feel a stretch
- Keep opposite leg on ground by pushing heel far away from your head as possible
- Contract your glute. Pull the strap above your head
- Complete reps, repeat on opposite side

5



QUAD STRETCH (STRAP)

- Lie on your stomach with a stretch strap wrapped around one foot
- Actively bend knee, gently assist with stretch strap until you feel a stretch
- Contract the glute on the leg that is being stretched Keep your back flat & torso engaged during the stretch
- Complete reps, repeat on opposite side

3



ADDUCTOR STRETCH (STRAP)

- Wrap the stretch strap around foot & inside of lower leg
- Actively raise leg out to the side, gently assist with strap until you feel a stretch
- Keep opposite leg on ground by reaching long through heel, toes pointed to the sky
- Complete reps, repeat on opposite side

6



SHOULDER/TRICEPS STRETCH (STRAP)

- Hold the stretch strap behind head with one hand reaching over and one hand reaching under
- Actively reach top hand down back, gently assist by pulling strap with bottom hand
- Next, actively reach bottom hand up, gently assist by pulling rope with top hand
- Complete reps, repeat on opposite side