



# 9 STATIC STRETCHES

to increase your flexibility.

Static stretching can be performed by individuals as needed depending upon specific muscle tightness or soreness.



**HOLD EACH STRETCH FOR 10 TO 15 SECONDS.**

This hold triggers the nerve within the muscle allowing the muscle to relax allowing a beneficial stretch.

## 1 HIP FLEXOR

*Hip/Knee Stretching*

Kneeling on right knee, slowly push pelvis forward while keeping your back straight until stretch is felt on front of hip. Repeat on opposite side.



## 2 QUADRICEPS (STANDING)

*Hip/Knee Stretching*

Slightly contract abs and glutes. Pull right heel toward buttock until stretch is felt in front side of thigh. Make sure to keep your back straight through the duration of the stretch. Hold 15 seconds. Repeat on opposite side.



## 3 SINGLE ARM (STANDING)

*Back Trunk Side Bend*

Reach over head to other side with right arm until stretch is felt. Hold 15 seconds. Repeat on opposite side.



## 4 INNER THIGH/GROIN

*Hip/Knee Stretching*

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 15 seconds. Repeat on opposite side.



## 5 HAMSTRING

*Hip/Knee Stretching*

Slowly straighten knee until stretch is felt in back of thigh. Make sure that you keep your back straight for the duration of the stretch. Hold 15 seconds. Repeat on opposite side.



## 6 ROTATION STRETCH

*Back Mid-Back*

Reach to each side as far as possible, keeping chest low to floor. Hold 15 seconds.



## 7 HIP STRETCHING

*Piriformis Stretch*

Stand with right leg crossed in front, slide other leg back. Lowering hips until stretch is felt. Repeat on opposite side.



## 8 GASTROC STRETCH

*Ankle/Foot Stretching*

Stand with right foot back and the left foot forward. Place the left foot on an object so that it supports your toe going towards your nose while keeping the heel on the ground. Keeping your knee straight lean forward towards your toe until you feel a stretch. Hold for 15 seconds. Repeat on opposite side.



## 9 CHEST/BICEP STRETCH

*Shoulder and Chest Stretch*

Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 15 seconds.



SOURCES: Premier Health Sports Medicine.