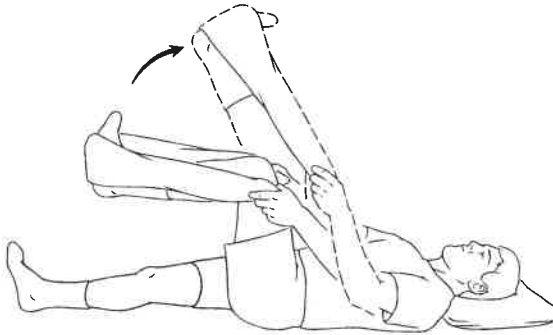
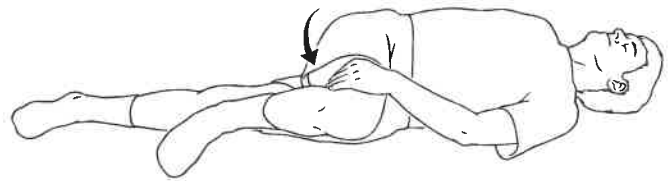


ADJACENT MUSCLE EXERCISE -
Hamstring: Towel Stretch (Supine)



Lie on back. Loop towel around left foot, hip and knee at 90°. Straighten knee and pull foot toward body. Hold 20 seconds. Relax. Repeat 1-2 times. Do 1-2 times a day.
___ Repeat with other leg.

ADJACENT MUSCLE EXERCISE -
IT Band: Knee Across Body



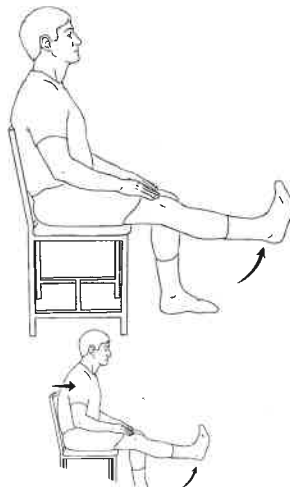
Lie on back, shoulders on surface. Stretch right knee up and across body. Hold 20-30 seconds. Relax. Repeat 1-2 times. Do 1-2 times a day.
Repeat with other leg.

ADJACENT MUSCLE EXERCISE -
Hamstring: Stretch (Sitting)

Sit straight. Extend right knee until stretch is felt in back of thigh. Hold 20 seconds. Relax.

Repeat 1-2 times.
Do 1-2 times a day.

___ Repeat with other leg.
___ Advanced: Lean trunk forward.

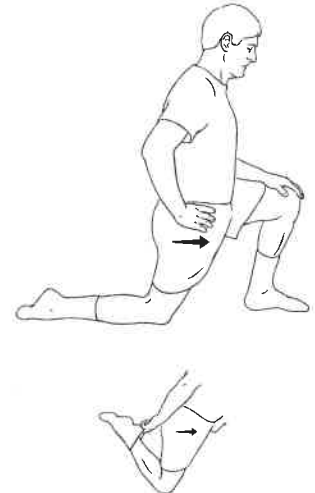


ADJACENT MUSCLE EXERCISE -
Hip Flexor: Half Kneel

Kneel on right knee. Lean pelvis forward until stretch is felt. Hold 20 seconds. Relax.

Repeat 1-2 times.
Do 1-2 times a day.

___ Repeat on other knee.
___ Advanced: Grab back of sock and pull toward buttocks.

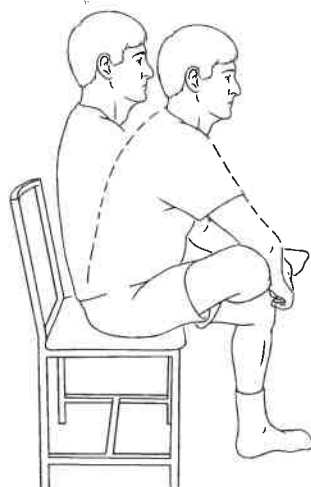


ADJACENT MUSCLE EXERCISE -
Posterior Hip: Chair Stretch

Sit in chair, right ankle on other thigh. Lean forearm onto knee until stretch is felt in back of hip. Hold 20 seconds. Relax.

Repeat 1-2 times.
Do 1-2 times a day.

___ Repeat on other leg.



ADJACENT MUSCLE EXERCISE -
Hip Flexor: Pelvis Lean

With other knee near chest, lean right pelvis toward floor until stretch is felt. Hold 20 seconds. Relax. Repeat 1-2 times. Do 1-2 times a day.
___ Repeat on other leg.

