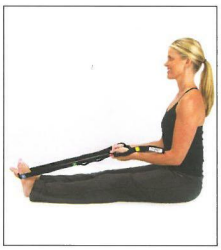
☐ Gastroc

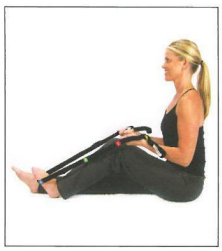


Start: Sit with knee extended and back straight. Place the middle of the strap around your foot and grasp the ends at your waist.

Contract: Push your foot downward against the strap, keeping your knee straight. Maintain your hand position.

Stretch: Breathe out as you pull the straps toward you into dorsiflexion, stretching your calf muscle.

☐ Soleus



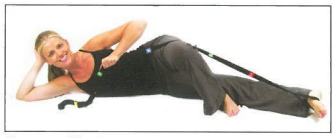
Sit with knee slightly bent and back straight. Place the middle of the strap around your foot and grasp the ends at your waist.

Contract: Push your foot downward against the strap, keeping your knee bent. Maintain your hand position.

Stretch: Breathe out as you pull the straps toward you into dorsiflexion, stretching the deeper portion of your calf muscle.

☐ IT Band

Start: Begin in sidelying with the side to be stretched on the floor. Place your foot in the loop on one end of the strap and grasp the other end near your trunk. Lift the leg 6 to 12 inches off the floor, slightly in front of your body (about 20 degrees).



Contract: Keeping your knee straight, push your leg downward toward the floor against the strap. Maintain your hand position.

Stretch: Breathe out as you pull the other end of the strap toward your head, lifting the leg with your knee straight to stretch the outside of the leg.

☐ Hip Flexors

Start: Begin in sidelying on the opposite side to be stretched with your knee bent. Place your foot in the loop on one end of the strap and grasp the other end over your shoulder in front of your trunk.

Contract: While keeping your knee locked, pull your hip and thigh forward against the strap. Maintain your hand position.

Stretch: Breathe out as you pull the strap over your shoulder, bringing your hip backward behind your body to stretch front of hip.

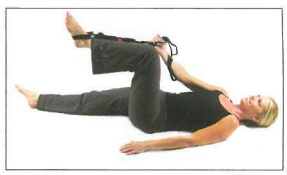
☐ Rectus Femoris

Begin by lying prone with one end of the strap secured to your foot and your knee bent. Grasp the other end of the strap in your hand over your shoulder.

Contract: Push your foot against the strap, extending your knee. Maintain your hand position.

Stretch: Breathe out as you pull the strap over your shoulder, stretching your thigh as you bend your knee, allowing your knee to bend.

☐ Hip External Rotation



Start: Begin by lying on your back with your hip and knee bent to 90 degrees. Secure foot in a loop of the strap and grasp ends with the opposite hand near knee.

Contract: Rotate your leg outward pushing against the strap while maintaining hand position. Keep thigh upright and lower leg parallel to the ground.

Stretch: Breathe out as you pull the strap toward the opposite shoulder, stretching your hip.

☐ Piriformis

Start: Begin by lying on your back with your opposite knee bent. Place the foot of the side to be stretched on the opposite thigh. Place the middle of the strap around your knee and grasp ends of the strap with your opposite hand.

Contract: Push your knee away from your trunk against the strap while maintaining hand position. Keep your foot on the opposite thigh.

Stretch: Breathe out as you pull the strap toward the opposite shoulder, stretching your hip.

☐ Lower Back / Glute

Start: Begin by lying on your back with your hip and knee bent to 90 degrees. Place the middle of the strap around your knee and grasp ends of the strap with your hands.

Contract: Push your knee away from your trunk, extending your hip against the strap while maintaining hand position.

Stretch: Breathe out as you pull the strap and knee toward your head, stretching your low back and hip.

☐ Hamstrings

Start: Begin by lying on your back with one knee bent. Place opposite foot in the loop at one end of the strap and grasp the other end of the strap with your hands at your chest.

Stretch: Breathe out as you pull the strap and leg toward your head, stretching your posterior thigh.

Contract: Keeping your knee straight, push your leg downward, extending your hip against the strap.