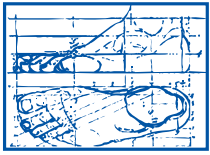


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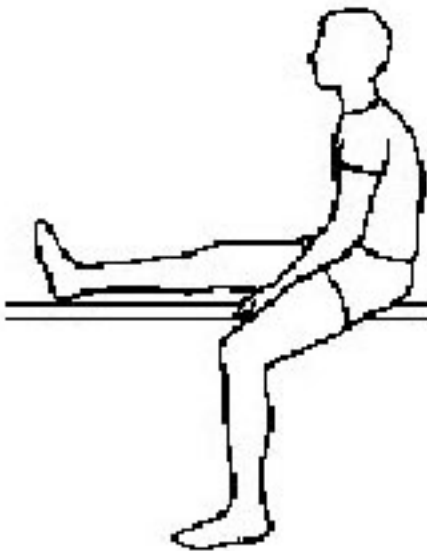
HIP STRETCHING EXERCISES

Posterior Thigh

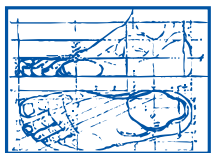
Starting position: Sit lengthwise along a table and place your right leg on the table. Rest your left leg on the floor or on a footstool.

Action: Lean forward over your right leg until you feel a stretch behind your knee and in your calf. Hold that position by grasping the right leg. Repeat with the left leg.

Note: Stretch the calves by pointing your toes upward and toward your chest.



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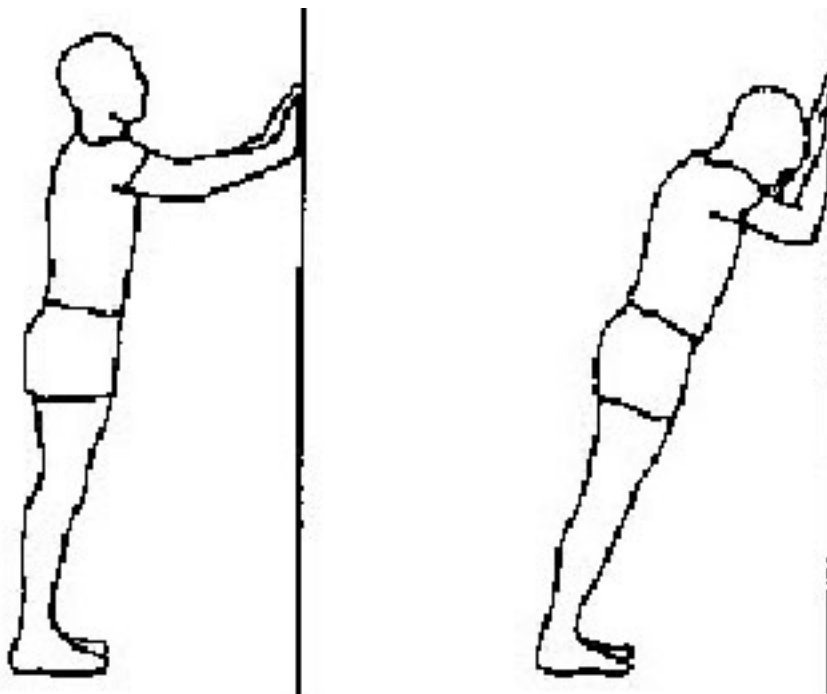
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HIP STRETCHING EXERCISES

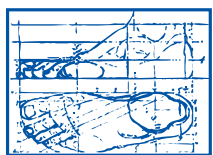
Calf Stretch

Starting position: Stand 2-3 feet away from a wall. Put your hands against the wall at about shoulder level to support your weight (Fig. 2A).

Action: Lean in toward the wall by bending your elbows until you feel a stretch in the back of your calves (Fig. 2B). Keep your body erect, your knees straight, and your hips forward. DO NOT bend at the waist. Make sure your heels remain on the ground. Alternate foot position by turning the feet outward, stretching, then inward, and repeating the stretch. If you run a great deal, do this repeatedly throughout the day. To increase stretch, a book can be placed under the “ball” of the foot, letting the heels hang down.



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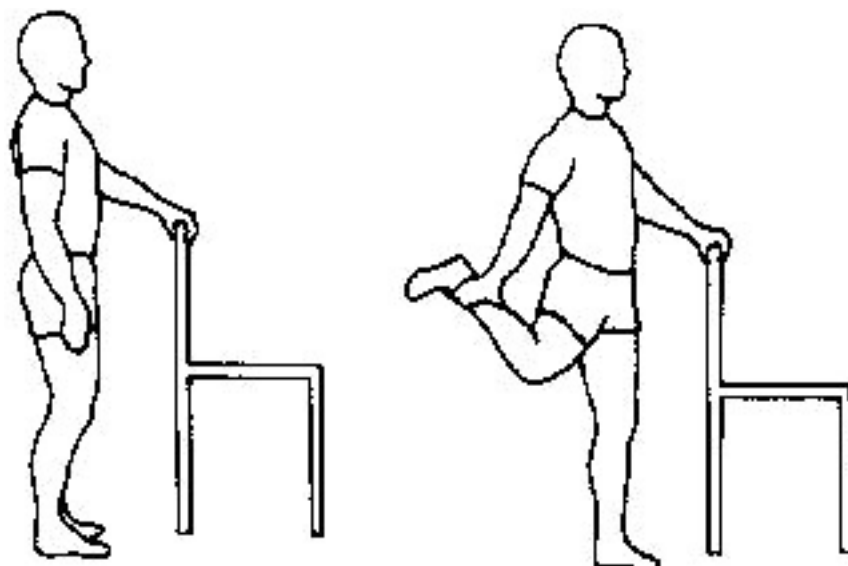
HIP STRETCHING EXERCISES

Anterior Thigh

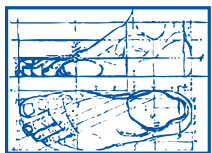
Starting position: Stand with one arm holding onto a chair or wall.

Action: With the free hand, grasp the instep of the foot and pull the heel behind you toward your buttocks. **KEEP YOUR KNEE BACK.** Do not let it come forward.

Note: You should be standing erect throughout the entire stretch. **DO NOT LEAN FORWARD.** If you can touch your heel to your buttocks, slightly extend your back while doing this exercise.



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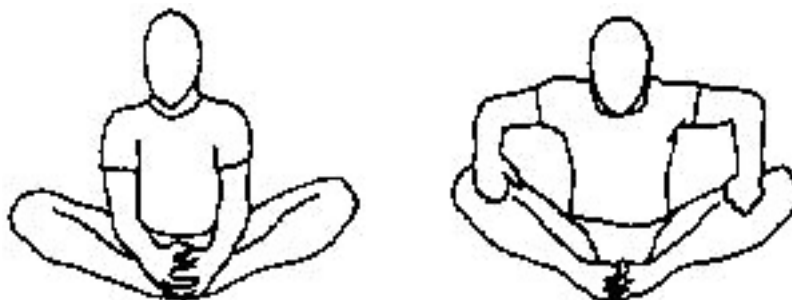
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HIP STRETCHING EXERCISES

Inner Thigh

Starting Position: Sit on the floor. Place the soles of your feet together and bring them about two feet away from your body.

Action: Place your hands on your knees and gently push downward toward the floor. SLOWLY bend forward, trying to touch your nose to your feet.

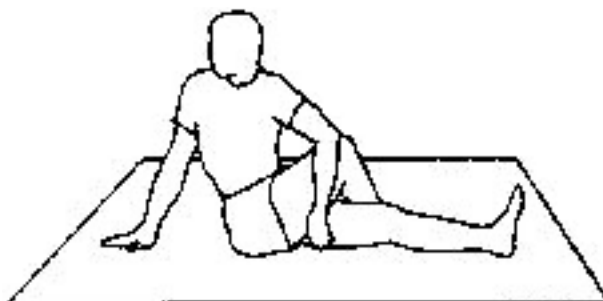


Iliotibial Band and Lateral Thigh

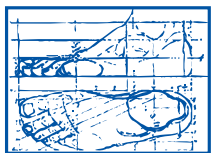
Starting Position: Sit comfortably on the floor with your legs out in front.

Action: With your left leg straight, put your right foot flat on the ground on the opposite side of your left knee. Reach over your right leg with your left arm so that your elbow is on the outside of your right leg. Slowly turn your head and look over your right shoulder and, at the same time, turn your upper body toward the right arm. Keep your hips flat on the floor at all times. Repeat on the opposite side.

Note: If you do not feel a stretch, bend your left knee, placing your left foot next to the right hip. The more you run, the more you need to do this stretch.



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HIP STRETCHING EXERCISES

Soleus

Starting position: Stand next to a chair and place your left foot flat on the seat. Hold onto the chair for balance.

Action: Keeping the left foot flat, lean over the chair until you feel a stretch in the back of the left calf.

