



Knee to Chest

While lying on your back, hold your knee and gently pull it up toward your chest.



Hip/Back Stretch

- A. While lying on your back, hold your knee and pull it across your body while keeping your back flat.
- B. While lying on your back, bend both knees and rotate knees to the side as your back stays flat.



Hip Flexor Stretch

While lying on your back, hold your knee to your chest while keeping your back flat; let your other leg hang off the edge of the bed.



Figure 4 Stretch

While lying on your back or seated, place your right ankle over your left knee; allow your right knee to fall out, pull your left leg toward your chest or lean forward if your are sitting.



Hamstring Stretch

While lying on your back, use a belt or strap around the bottom of your foot; try to keep your knee straight, and pull the strap toward your body to pull your leg up and stretch.