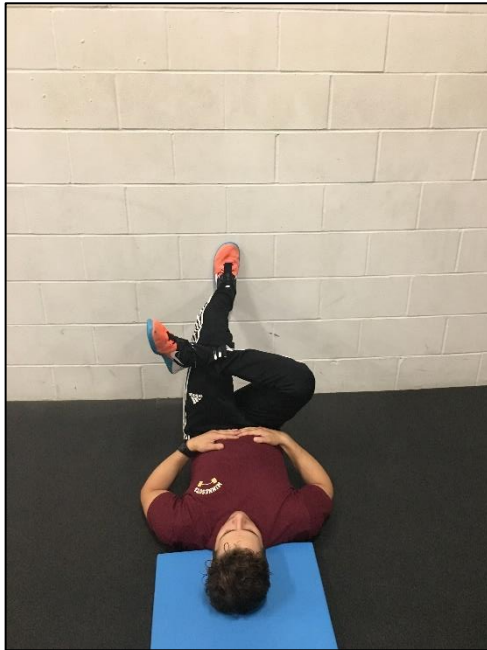


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These positions are to be completed in the order layed out on this sheet also known as [Microstretching by Nikos Apostolopoulos](#). Each position is to be performed for **3 repetitions, 1 minute per side for a total of 3 minutes per side**. On a tension scale of 1 – 10, these positions are to be held at a **3 – 4**. For optimal results, these stretches should be performed **twice per day**. It is important to note that these stretches should be done on a stable surface, and athlete should be **BELLY BREATHING** for the duration of the stretch.

Position 1



Glute Stretch on Wall

How: Keep your hips and shoulders square to the wall with one leg crossed over the other as shown in picture. Make sure the ankle of the stretched leg is past the knee of the support leg and your hips are flat on the ground. Once appropriate intensity has been reached, belly breathe for duration of stretch.

Intensity: 3 – 4 out of 10

Duration: 3 x :60 each side

Frequency: Minimum 1x/day. For optimal results, perform 2x/day

Position 2



Supine SL Hamstring Stretch on Wall

How: Keep hips and shoulders square to wall with one leg SLIGHTLY BENT against wall or doorframe. The opposite leg should lie flat on ground next to wall. Stretch should be felt in the belly of the hamstring and NOT behind the knee. Once appropriate intensity has been reached, belly breathe for duration of stretch.

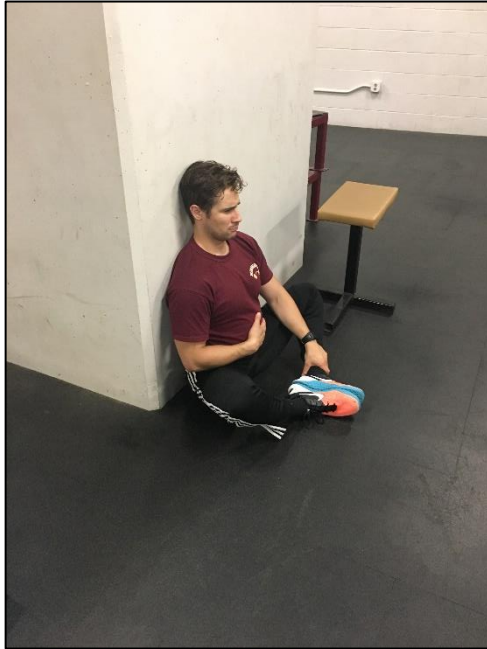
Intensity: 3 – 4 out of 10

Duration: 1 - 3 x :60 each side

Frequency: Minimum 1x/day. For optimal results, perform 2x/day

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Position 3



Seated Groin Stretch on Wall

How: Keep low and mid back flush against wall. Bring legs toward body keeping soles of your feet together. Do not force your knees down, allow gravity to create the stretch. Once appropriate intensity has been reached, belly breathe for duration of stretch.

Intensity: 3 – 4 out of 10

Duration: 1 - 3 x :60 each side

Frequency: Minimum 1x/day. For optimal results, perform 2x/day

Position 4



Lateral Quad and IT Band Stretch

How: Hips and shoulders square with legs shoulder width apart. Bring one of your knees up towards your stomach placing the foot on the opposite leg just above the knee. Try to take your stretching leg and form a 90° angle to your body. Try to keep hips flat on the ground. Using your opposite hand, gently pull your bent knee over the opposite, straight leg. Once appropriate intensity has been reached, belly breathe for duration of stretch.

Intensity: 3 – 4 out of 10

Duration: 1 - 3 x :60 each side

Frequency: Minimum 1x/day. For optimal results, perform 2x/day

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Position 5



Half Kneeling Hip Flexor Stretch

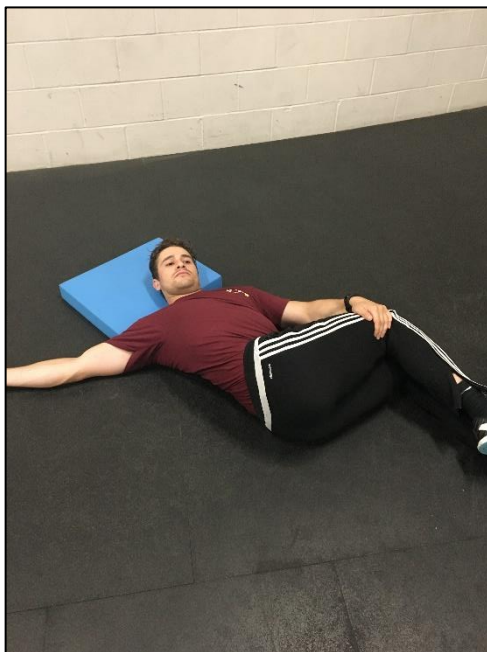
How: Hips and shoulders facing forward and legs shoulder width apart. Place one leg forward in a lunge position keeping hips square. Gently rock forward until appropriate intensity is reached. If necessary, use an object to stabilize yourself and place an airex pad under knee for comfort. Once appropriate intensity has been reached, belly breathe for duration of stretch.

Intensity: 3 – 4 out of 10

Duration: 1 - 3 x :60 each side

Frequency: Minimum 1x/day. For optimal results, perform 2x/day

Position 7



Glute and Lower Back Stretch

How: Begin in fetal position with thighs at a 90° angle relative to the upper body. Ensure knees are in line and that the hips and knees are positioned at 90° to each other. Place opposite hand on opposite knee and let the shoulder gently roll back towards the ground. Upon switching sides, straighten legs before resuming the fetal position. Once appropriate intensity has been reached, belly breathe for duration of stretch.

Intensity: 3 – 4 out of 10

Duration: 1-3 x :60 each side

Frequency: Minimum 1x/day. For optimal results, perform 2x/day