



SDFC Stretch Strap Program

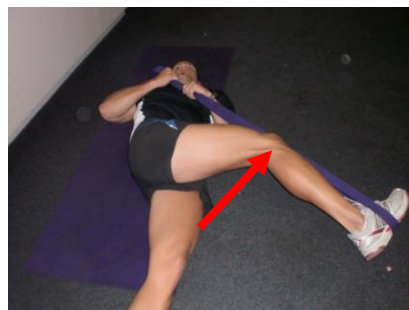


Straight Leg Torso Stretch



Secure strap around foot. Keep the leg straight & take the leg across the body. Pull on strap to further increase the stretch.
Hold stretch for 20-30 sec. Repeat 3 times

Straight Leg Torso Stretch 2



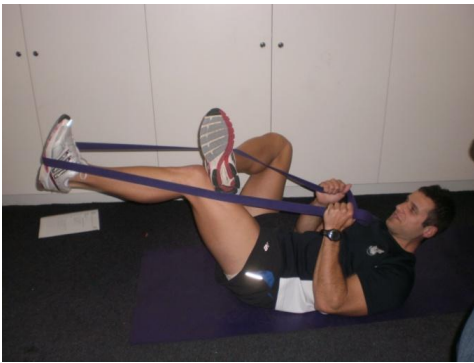
Secure strap around foot. Keep the leg straight & take the leg across the body. Bend knee to incorporate the Gluteals into the stretch. Pull on strap to further increase the stretch.
Hold stretch for 20-30 sec. Repeat 3 times

Hamstring Stretch



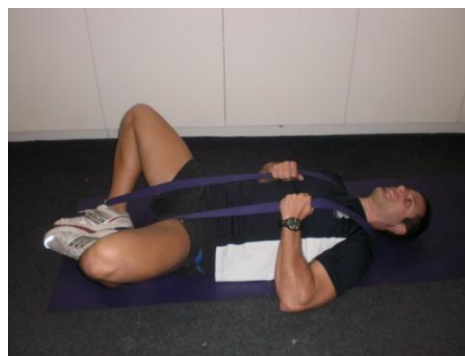
Secure the strap around the foot and maintain a firm grip on the ends of the strap. Keep the leg straight, lean back and raise leg up.
PNF: contract for 3 seconds, relax, and increase your range. Repeat 5 times. Swap legs.

Gluteal Stretch



Secure the strap around one foot. Place the opposite ankle on your knee. Pull on the strap. Hold stretch for 20-30 seconds and swap legs.

Groin Stretch



Lying on your back, pull your legs up so your feet are together. Secure the strap around your feet. Pull on the strap and lie back.
PNF: contract for 3 seconds, relax, and increase your range. Repeat 5 times. Swap legs.

Lower Back Stretch



Secure strap around your feet. Lean forward for lower back stretch. Hold for 20-30 sec. Repeat 3 times.

Calf Stretch



Sit with a tall posture with the strap securely around the ball of the foot. Keep the leg straight & actively dorsiflex the ankle joint as far as possible. Pull on the strap to further increase the stretch. Hold for 20-30 sec. Swap legs.

Soleus Stretch



Sit with a tall posture with the strap securely around the ball of the foot. **Bend knee** and actively dorsiflex ankle joint as far as possible. Pull on the strap to further increase the stretch. Hold for 20-30 sec. Swap legs.

Quadriceps Stretch



Lie on your front. Secure strap around foot. Pull strap over your shoulder to flex the knee.

PNF: contract for 3 seconds, relax, and increase your range. Repeat 5 times. Swap legs.

Quadriceps + Hip Flexor Stretch



Position supporting leg out in front of you and kneel on your other leg. Secure strap around the foot of the kneeling leg. Tilt hips forward. Pull strap up and over shoulder. Hold for 20-30 sec and swap legs.
