



69 Bayview Ave.
Berkley, MA 02779
(p) (508) 967-7938
(f) (617) 488-2280
www.AcesPT.com

Orthopedic, Sports & Manual Therapy



SINGLE KNEE TO CHEST

1. Bring your knee to your chest
2. Interlock your fingers and pull your knee down to your chest
3. Hold for 30 seconds.
4. Lower leg and perform on other side.
5. Repeat on each side.

If you have pain in your lower back, bend your straight leg to relieve pressure in your low back



DOUBLE KNEE TO CHEST

1. Bring both knees to your chest, keeping your knees as close together as possible and feet side by side.
2. Interlock your fingers and pull your knees down to your chest.
3. Hold for 30 seconds.
4. Lower feet to table, and then straighten your legs.
5. Repeat on each side.



PIRIFORMIS STRETCH

1. Bend both knees and cross one ankle over the opposite knee.
2. Place one hand behind the knee, and other hand on the mid shin.
3. Pull the knee up to the opposite shoulder and shin down the thigh.
4. Hold for 30 seconds.
5. Perform on other side.
6. Repeat on each side.



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FABER STRETCH

1. Bend both knees and cross on ankle over the opposite knee.
2. Using the hand on the same side, push your knee away.
3. Hold 30 seconds.
4. Perform on the other side.
5. Repeat on each side.



DOUBLE LEG TWIST

1. Bend both knees with feet together
2. Let the knees fall to one side.
3. Hold for 30 seconds.
4. Perform on the other side.
5. Repeat on each side.

****You can add extra stretch by pushing your knees down with your hand on the same side.****



SINGLE LEG HAMSTRING STRETCH

1. Sit on one chair, and place your foot on the side to be stretched on another chair. If no chair is available, or you are not flexible enough, you can place your foot on the floor.
2. While keeping your back straight and chest lifted, lean forward .
3. Hold for 30 seconds.
4. Perform on other side.
5. Repeat on each side.



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PRONE ON ELBOWS/FOREARMS

1. Lie on your stomach
2. Prop yourself up so your elbows are directly below your shoulders and relax your low back.
3. Hold for up to 5 minutes.

****If you feel increased sharp pain, or pain or numbness radiating into your buttocks or legs, immediately drop down to a flat position.****



CHILD'S POSE STRETCH

1. Kneel down onto your heels, or as close to your heels as you can comfortably.
2. While keeping your buttocks back on your heels, reach both hands forward.
3. Hold 30 seconds.
4. Reach both hands to the Left and hold 30 seconds.
5. Reach both hands to the Right and hold 30 seconds.
6. Repeat each position.



STANDING CALF STRETCH

1. Place the leg to be stretched behind you, and the support leg in front, with both hands on the wall
2. Keeping the back leg straight, and with the heel on the floor, lean onto the front leg and into the wall.
3. Hold for 30 seconds.
4. Perform on other side.
5. Repeat on each side.