



Shevin Pollydore MD



#### Thomas Stretch

Hold one leg with hands while letting the other leg dangle off the end of the bed.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 2 Times a Day



#### FABER

Lying on back. Bend right knee and let knee fall out to side until gentle stretch is felt in inner aspect of thigh. Hold.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 2 Times a Day



#### HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 2 Times a Day



Shevin Pollydore MD



#### ILIOTIBIAL BAND STRETCH WITH MULTI-LOOP STRAP - ITB

Place a strap around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

Repeat 3 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



#### PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day