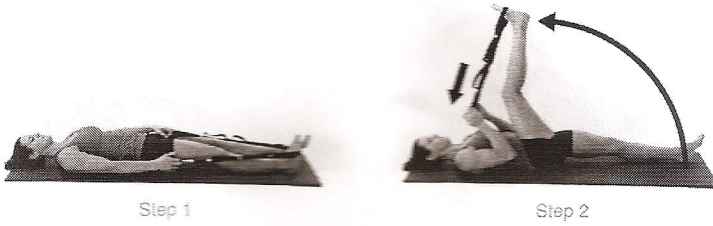


**Supine Hamstring Stretch with Strap**

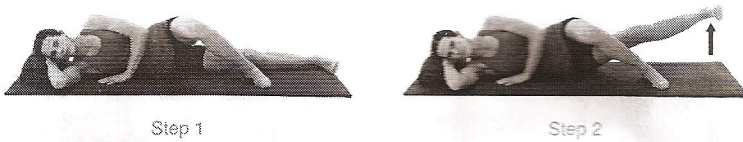
reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



- Setup**
- Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.
- Movement**
- Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.
- Tip**
- You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.

**Sidelying Hip Adduction**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



- Setup**
- Begin by lying on your side with one knee bent and your foot resting in front of your other leg.
- Movement**
- Slowly lift your straight leg towards the ceiling, then lower it back to the starting position.
- Tip**
- Do not let your hips roll backward or forward during the exercise.

**Standing Terminal Knee Extension with Resistance**

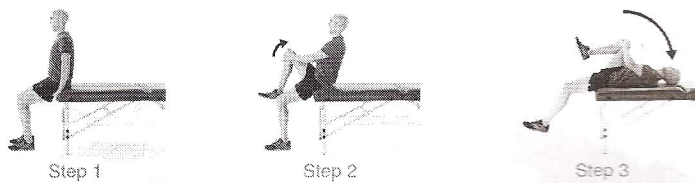
reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



- Setup**
- Begin in a standing upright position with one knee slightly bent and a resistance band secured just above it. You should be facing the anchor point.
- Movement**
- Gently straighten your knee, pulling against the resistance band.
- Tip**
- Make sure to keep your heel on the ground, your hips level, and do not overextend your knee.

**Thomas Stretch on Table**

reps: 10 sets: 3 hold: 5 Weekly: 3x Daily: 1x



- Setup**
- Sit at the edge of a bed or table with both legs hanging off the edge.
- Movement**
- Lift one leg toward your chest, and lean backward onto the table at the same time. You should feel a stretch in the front of the hip of your leg that is hanging toward the floor.
- Tip**
- Make sure not to let your low back arch during the stretch.