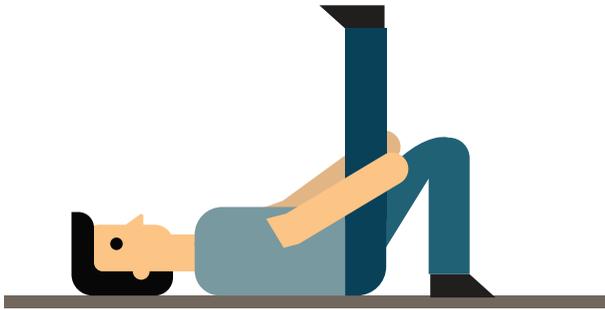


# Functional Movement Stretches

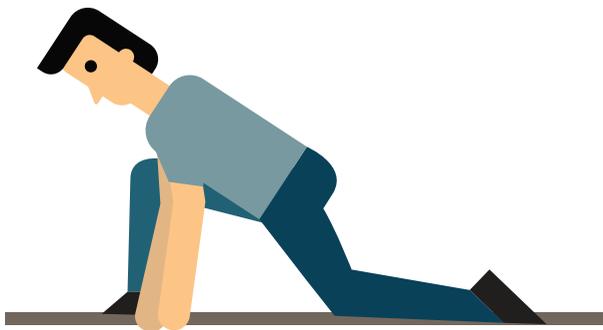
The goal of a flexibility program is to develop range of motion in the major muscle/tendon groups in accordance with individualized goals. Each major muscle group should be trained at least 2-3 days per week, with daily being the most effective. Holding each stretch for 10-30 seconds is desirable.



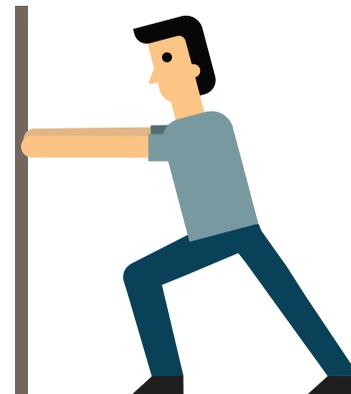
**Lying Straight Leg Hamstring Stretch** – Lie on your back, supporting the thigh with the hand or with a towel wrapped around it. Slowly straighten the knee until a stretch is felt in the back of the thigh, trying to get the bottom of the foot to face the ceiling, one leg at a time. The other leg should have its knee bent. Hold the position for 30 seconds. Repeat on the other side.



**Standing Knee Hug** – Stand with your feet shoulder-width apart. Maintain a tight core throughout. Lift one knee up and toward your chest. Grab your knee and pull it in as close as you can into your chest. Hold this stretch for 20 to 40 seconds. Slowly release the leg to the ground and repeat on the other side.



**Spiderman Stretch** – In a half-kneeling position, keep both hands on the floor with the right leg to the right of both arms. Then push the hips slightly forward (keep the thigh perpendicular to the floor). Hold for 30 seconds. Repeat on the other side.



**Standing Calf Stretch** – Stand about three feet from a wall and put your left foot behind you ensuring your toes are facing forward and you have a staggered stance. Keep your heels on the ground and lean forward with your right knee bent and above the foot. Hold this for 30-60 seconds.