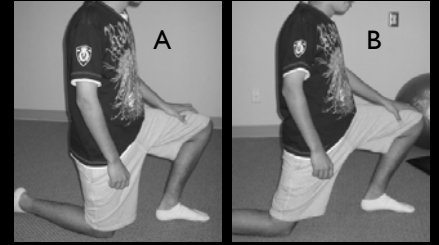


“Lazy” Stretching

The following stretching exercises rely heavily on the “convenience” factor – minimal effort on the part of the athlete with maximal results. These can be performed on a daily basis, holding each for 1 minute. Make an effort to find one (1) day a week that you can spend a great amount of time stretching ie. after a weekend tournament. Take 5 minutes per stretch this day.

Hip Flexor Stretch

The one stretch in this series that requires a tiny bit of effort on the athlete’s part. In a kneeling position place one knee forward at 90 degrees and the other resting on the floor (A). Move your hips forward, ensuring the lower back does not extend (if you are experiencing back pain, back extension will cause an increase in discomfort). To feel an additional stretch, reach the arm of the kneeling leg towards the ceiling. Stretch should be felt in the quad muscles and groin of the kneeling leg.



Groin Stretch

In a forward bent kneeling position begin the exercise with the knees wider than shoulder width apart. Stretch should be felt in both adductor/groin muscles.



Additional stretches:



These variations can be added by leaning forwards on the elbows (A) as well as backwards towards the heels (B)

Hamstring Stretch 1

Lying in a doorway, raise the leg closest to the frame and rest the heel on the frame, keeping both knees straight. Stretch should be felt in the raised hamstring (particularly on the inside of the thigh).



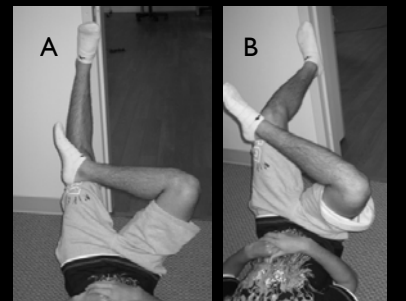
Hamstring Stretch 2

Lying in a doorway, raise the leg furthest from the frame and rest the heel on the frame, keeping both knees straight. Stretch should be felt in the raised hamstring (particularly on the outside of the thigh).



Glute/Rotator Stretch

Lying in a doorway, raise the leg closest to the frame and rest the heel on the frame. Bring the foot of the opposite leg over the knee of the raised leg (A). In the Figure 4 position, slide the heel of the first leg down the door frame until it reaches 90 degrees. Stretch should be felt in the glutes/rotators of the crossed leg.



Alternative Glute/Rotator Stretch

Lying prone on the carpet, bring the **right** knee in line with the **right** shoulder (A). Rotate the **right** hip so that the foot points out underneath the body in line with the **left** shoulder (B). Slide back the **left** leg to increase the stretch felt in the **right** glute/rotators.

Additionally, you may bring the **right** knee in line with the **left** shoulder (C). Without adding rotation in the **right** hip, slide back the **left** leg to increase the stretch felt in the **right** glute.

