

Stretch Guide

1) Pretzel Stretch

Starting Position: Lie flat on your back and bend both knees. Cross one leg over the other so your foot is on the opposite knee

Action: Bring both knees towards your chest and gently pull the uncrossed leg towards you until you feel a stretch in your buttock. Hold for 30 secs

Repetition: Repeat 3 times, 2x daily, or before and after exercise



2) Twisting Buttock Stretch

Starting Position: Sit on the floor with one leg bent and the other straight.



Action: Turn your body towards the bent knee side until you feel a stretch in your buttocks. Hold for 30 secs

Repetition: Repeat 3 times, 2x daily, or before and after exercise

Progression: 1) Bend one knee and cross it over the other leg so your foot is by the inner side of other knee. Repeat the stretch.

2) Stretch the glutes further by anchoring your elbow round the bent knee and pulling the knee further over to the opposite side

3) Figure 4 Glute Stretch

Starting Position: Sit in a chair and cross one leg so that the foot is resting on the other knee as shown.

Action: Gently lean forward until a stretch is felt in the buttock of the crossed leg. Hold for 30 secs

Repetition: Repeat 3 times, 2x daily, or before and after exercise

Progression: 1) Gently push down on your knee to increase the glutes stretch

2) Progress further by leaning towards the foot resting on your knee i.e. away from the side you are stretching

