



Notes :

Many of these stretches, foam and ball rolling techniques are different ways to work on the same muscle groups. You do not have to do all of these. Choose the ones that give you the best release or try different ones on different days for variety.

1 kpc Calf Stretch (gastroc)



Reps: 1-2 Hold: 10-30s

Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other in a lunge position and lean your body forward without bending the back knee until you feel a stretch in your calf in the leg that is behind you. Your heel should stay on the floor with your toes pointing forward. Don't allow your foot arch to flatten. Maintain the stretch and relax.

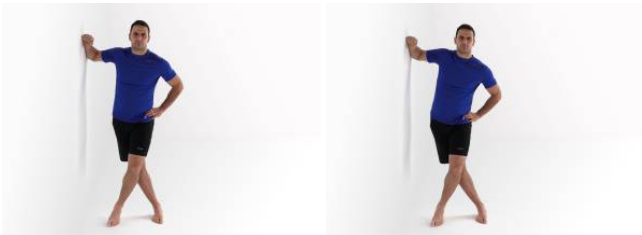
2 kpc Calf Stretch (soleus)



Reps: 1-2 Hold: 10-30s

Stand and place both hands on a wall, with your feet about half a meter from the wall. Place one leg behind the other. Slowly bend both knees while keeping the heel of the back leg flat on the floor until you feel a stretch in the calf and Achilles tendon area of the back leg. Your toes should be pointing forward. Don't allow your foot arch to flatten. Maintain the stretch and relax.

3 kpc ITB Stretch



Reps: 1-2 Hold: 10-30s

Stand next to wall with the leg to be stretched closest to the wall. Cross the leg that you want to stretch behind the other leg. Tuck your pelvis to flatten your low back. Shift your hip sideways towards the wall until you feel a stretch on the side of your hip, thigh and buttocks. Maintain the position keeping your pelvis tucked and low back flat, not allowing it to arch.

4 kpc Hip flexor (runner's) Stretch



Reps: 1-2 Hold: 10-30s

Kneel on one knee in a lunge position using a chair for support if needed. Tilt your pelvis backwards to flatten your lower back then shift your weight forward until you feel a gentle stretch in the front of the hip on the leg that is kneeling. Maintain the position keeping your pelvis tucked and low back flat, not allowing it to arch.



5 kpc Psoas Stretch



Reps: 1-2 Hold: 10-30s

Kneel on one knee in a lunge position using a chair or wall for support if needed. Tilt your pelvis backwards to flatten your lower back and shift your weight forward until you feel a gentle stretch in the front of the hip on the leg that is kneeling. Reach up and towards the opposite side into a side bending position. The stretch should be felt in the front of your hip and side of your torso. Maintain the position keeping your pelvis tucked and low back flat, not allowing it to arch.

6 kpc Quads stretch standing



Reps: 1-2 Hold: 10-30s

Stand in front of a chair hold on to it with one hand. Grab the top of one ankle with one hand and gently pull your foot towards your buttock. Tuck your pelvis to flatten your low back. Pull your thigh backwards and in towards your other leg until you feel a gentle stretch in front of the thigh. Pull your foot closer to your buttocks for more stretch. Maintain the position keeping your pelvis tucked and low back flat, not allowing it to arch.

7 kpc Quads stretch on chair/table



Reps: 1-2 Hold: 10-30s

Place your foot on a chair/table behind you. Tuck your pelvis to flatten your low back. Bend the knee of the leg you are standing on to stretch the front of your thigh. Maintain the position keeping your pelvis tucked and low back flat, not allowing it to arch.

8 kpc Quads stretch side lying



Reps: 1-2 Hold: 10-30s

Lie on your side and grab the top ankle with one hand to pull your foot gently towards your buttocks. Flex your bottom knee and hip towards your chest and tuck your pelvis to flatten your low back. Pull your top thigh backwards and your heel closer to your buttock until you feel a gentle stretch in front of your thigh. Maintain the position keeping your pelvis tucked and low back flat, not allowing it to arch.



9 kpc Hip Flexor (Thomas) Stretch



Reps: 1-2 Hold: 10-30s

Lie on your back with your buttock at the edge of a table holding your knees pulled up to your chest with your hands.

Keep your back flat against the table while you lower one leg toward the floor until you feel a gentle stretch at the front of your hip. Try to get your thigh flat, parallel to the floor, and your knee flexed to 90 degrees.

Keep your opposite knee pulled tightly towards your chest to keep your low back flat on the table. Don't let your low back arch as your other leg stretches down towards the floor.

11 kpc Hamstrings stretch active



Reps: 1-2 Hold: 10-30s

Lie on your back and grasp behind your knee. Slowly extend your knee until you feel a gentle stretch behind your knee or in the back of your thigh.

To get more stretch you can straighten the other leg flat down on the floor.

10 kpc Hamstring stretch in standing



Reps: 1-2 Hold: 10-30s

Stand with one foot on a stool in front of you. Your spine should be tall, not rounded forward. Straighten your knee and lean forward, folding at the hips. Keep your back straight, don't let your spine round forward. To get more stretch you can try to tip your pelvis to arch your low back and raise your sitz bones towards the ceiling. Keep your foot relaxed.

12 kpc Hamstring stretch with strap



Reps: 1-2 Hold: 10-30s

Lie on your back, place a long strap/belt across your forefoot and hold one end of it in each hand

Lift your leg straight up, keeping your knee straight, and pulling gently on the strap with your hands until you feel a gentle stretch behind your thigh.

Hold the stretch then relax.



13 kpc Hamstring stretch on wall



Reps: 1-2 Hold: 10-30s

Lie with your buttocks near the corner of a wall or a doorway. Place one foot on the wall with your knee bent. Keep the other leg flat on the floor. Slowly straighten the leg on the wall until you feel a stretch in the back of the thigh. Don't let your hips twist or buttocks lift off the floor. You can place a small towel roll in the hollow of your back to prevent your low back from flattening and to get more stretch in your leg.

15 kpc Gluteal stretching lying



Reps: 1-2 Hold: 10-30s

Lie on your back with your knees bent, place one foot over the opposite knee. Grab behind the leg that is on the ground with your hands and pull it toward you until you feel a gentle stretch in your buttocks. Maintain the position and relax. You may feel more stretch if you try to gently arch your back while holding the stretch.

14 kpc Gluteal stretching sitting



Reps: 1-2 Hold: 10-30s

Sitting on a chair, keeping your back straight and abs tight. Cross one foot over the opposite knee. Push lightly on the crossed knee towards the floor. While keeping your back straight, bend forwards, hinging from the hips until you feel a stretch in the back of your hip/buttocks. Don't round your back.

16 kpc Spine/Hip rotation stretch in sitting



Reps: 1-2 Hold: 10-30s

Sit with a tall, straight back and cross one leg over the other. Hold your knee with the opposite arm and pull your knee across your body, twisting toward the stretched leg until you feel a stretch in your outer hip or low back. Maintain the position and relax.



17 kpc Piriformis stretch



Reps: 1-2 Hold: 10-30s

Lie on your back and grasp your affected leg near your knee and ankle. You can use one or both hands. Keep your other leg straight. Gently pull your knee and ankle up and across your body towards your opposite shoulder until a stretch is felt deep in the buttocks. Do not let your pelvis twist off the floor.

18 kpc Short Adductor stretch



Reps: 1-2 Hold: 10-30s

Lie on your back. Tuck your pelvis to flatten your low back onto the floor. Bend your knees and place the soles of your feet together. Let your knees drop slowly away from each other until you feel a stretch in your groin/inner thigh. Don't let your back arch, keep it flat.

19 kpc Short Adductors sitting



Reps: 1-2 Hold: 10-30s

Sit up tall with your back to a wall and your feet together. Use your hands to gently draw your feet towards your body. Let your knees drop out away from each other until you feel a stretch in the inner thigh. For more stretch, gently press your legs down a bit further with your elbows.

20 kpc Long Adductor stretch



Reps: 1-2 Hold: 10-30s

Place your buttocks close to a wall. Straighten your legs. Slowly lower your legs out to the side until you feel a stretch in your inner thigh.



21 kpc Foam rolling quads



Reps: 10-20 rolls

Place a foam roller on the floor and lie on your stomach with the front of one or both thighs over the foam roller.

Roll the entire front of the thigh from hip to just above the knee cap in an up and down motion. Avoid rolling on the bony prominences on the front of your hip or your kneecap. Maintain abs tight and proper low back posture during the exercise.

22 kpc Foam rolling IT band



Reps: 10-20 rolls

Place your foam roller on the floor. Use your arms to support your body weight lying on your side with the foam roller under the side of your thigh.

Roll the entire outside of your leg from your pelvis to your knee in an up and down motion. Stay off the bony prominences on the side of your hip and knee.

23 kpc Foam rolling hamstrings



Reps: 10-20 rolls

Place a foam roller on the floor and sit on the floor supporting yourself with your hands. Place the back of one thigh over the foam roller and the other leg on the floor for support.

Roll the entire back of your thigh from the bottom of the buttock to the back of your knee in an up and down motion. Stay off your sitz bone and stop if you get tingling or numbness down your leg.

Maintain your abs tight and proper low back posture during the exercise.

24 kpc Foam rolling gluteal



Reps: 10-20 rolls

Place your foam roller on the floor and sit on it having one foot over the opposite knee in a figure 4 position.

During the stretch, roll along your buttock in a front to back motion from your lower back to the bottom of the buttock. Stay off the sitz bones. Stop if you feel tingling into your leg as the sciatic nerve runs through these muscles.



25 kpc Foam rolling adductors



Reps: 10-20 rolls

Place your foam roller on the floor and lie on your stomach with the inside of one thigh over the foam roller and your other leg straight on the floor for support.

Roll the entire inside of your thigh from your groin to your knee in a side to side motion. Stay off the bony prominence of the inside of the knee joint.

26 kpc Foam rolling peroneus longus



Reps: 10-20 rolls

Place the foam roller on the floor. Use your arms to support your body weight lying on your side with the foam roller under the outside of your calf.

Roll the entire outside of your calf from just below your knee to just above your ankle in an up and down motion.

Stay off the bony prominences of the side of the knee and the outside ankle bone. Avoid areas that cause tingling or numbness down your leg.

27 kpc Foam rolling tibialis anterior



Reps: 10-20 rolls

Place a foam roller on the floor and take a four point kneeling position with the front of one leg over the foam roller.

Roll the entire front of your leg (outside of the tibia) from your knee to your ankle in an up and down motion. Avoid rolling over the bony prominences of the kneecap and the edge of the shin bone.

28 kpc Foam rolling calf



Reps: 10-20 rolls

Place the foam roller between the Achilles tendon and calf muscle.

Cross the other leg over the leg being treated if you want more pressure.

Roll the entire calf in an up and down motion. Pause at any spots that feel especially tight.

Avoid rolling over the bony prominence of the heel bone. Avoid areas in the hollow behind the knee if they cause tingling or numbness down the leg.

Keep your calf relaxed.



29 kpc Foot intrinsics release with ball



Reps: 10 rolls Hold: 5-30s

Sit on a straight back chair with one foot on a spikey massage ball or a tennis, golf or lacrosse ball, the other foot flat on the floor. Roll the ball under the arch of your foot from heel to toes in 2-3 lengthwise rows. Avoid rolling over the boney prominences of the bottom of the heel bone or at the base of the toes.

31 kpc Gluteal release with ball



Reps: 10 rolls Hold: 5-30s

Slowly lower yourself down on a chair and position a ball under the gluteal area. Support your weight with your hands. Move forwards and back and side to side to massage the region, searching for tight spots. You can pause for a few moments on the tight spot to release it further. Stay off the sitz bone. Stop if you feel tingling into your leg as the sciatic nerve runs through these muscles. If the pressure is too intense and you can't relax and breathe, take more weight through your hands or try a larger and/or softer ball. You can also try pulling your knee across the chest to stretch your gluteals at the same time.

30 kpc Piriformis release with ball



Reps: 10 rolls Hold: 5-30s

Lie down over a small ball so that it is positioned under the lateral region of your buttocks. Roll over the ball to massage the area. Stay off the boney prominence at the side of the hip and the sitz bone. Stop if you feel tingling into your leg as the sciatic nerve runs through these muscles.

32 kpc Hip flexors release



Reps: 10 rolls Hold: 5-30s

Lie down on your stomach, supporting your weight on your elbows, knees and feet. Position the ball under your hips and roll over the ball to massage the area. Avoid the boney prominence at the front of the hip and do not maintain pressure over an area where you feel a strong pulse. Stop if you feel numbness down your leg.