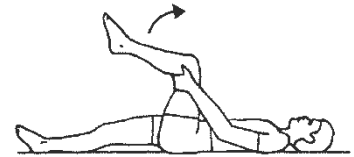


# Core Flexibility Exercises

All these stretches should be performed after warming up, held in position for 15 seconds and repeated 5 times for 1-2 sessions per day.

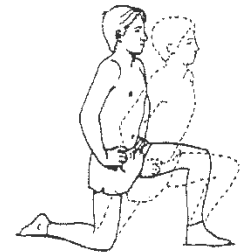
## Active Hamstring Stretch

- Lie on your back and bring the thigh up to a perpendicular position, holding it with your hands.
- Slowly straighten the knee by contracting the quads and feel the stretch in the back of the thigh



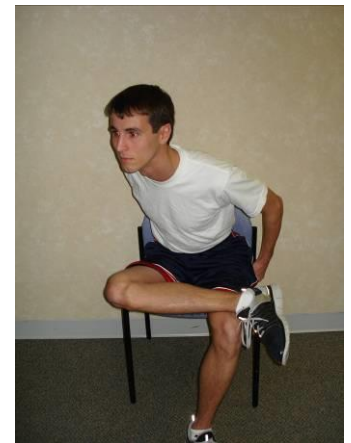
## Hip Flexor Stretch

- Tighten your abdominal muscles and hold yourself erect while you slowly lunge forward.
- Feel the stretching in the front of your hip and thigh.



## Piriformis (Seated)

- Sit in a chair and cross legs.
- Rotate your trunk to center on the thigh of the side you want to stretch.
- While keeping head up and back straight or even arched, slightly lean toward the thigh.
- You should feel the stretch deep in your buttocks.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, **Ho GWK**, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.

*If you have any problems or questions,  
please call your doctor's office (8am-5pm).*

*Answering service for after hours.*

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