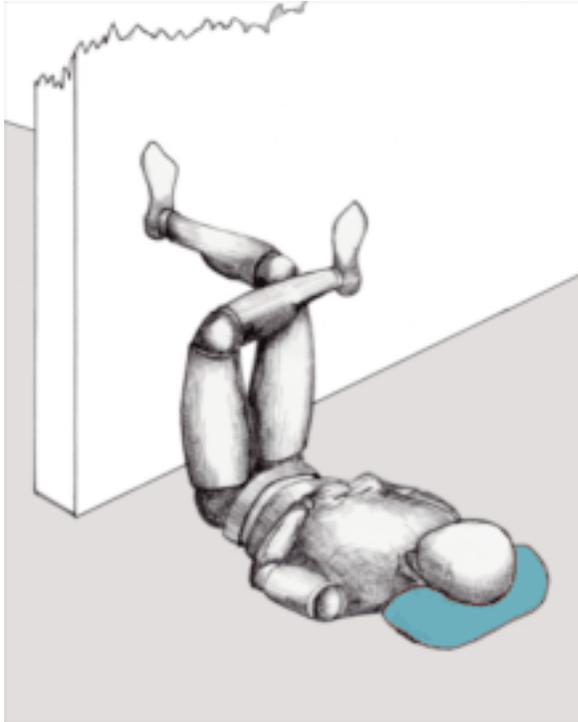


Passive Stretches Against the Wall



Piriformis Gluteal Stretch

Place both your feet on the wall making sure that your hip and pelvis are firmly on the ground and not floating in the air.

Place a pillow underneath your head to flatten out your lumbar spine and relax your neck.

Cross one leg over the other making sure that your ankle is past the knee joint and hold the gentle gradually relax and feel the stretch for at least 60 seconds.

If possible maintain this stretch, as it should feel relaxing and not stressful.

If it feels too tight or difficult then move away from the wall a bit, until you feel that you can easily relax.

After 2-3 minutes then switch legs and repeat the stretch for the other leg, always doing the tighter side longer (if there is a tighter side).

Usually repeat for three times on each side.

Hamstring Stretch

Place one leg through a doorway and the other onto the wall.

Place a pillow underneath your head. Again this is to facilitate a flat lumbar and relax your neck.

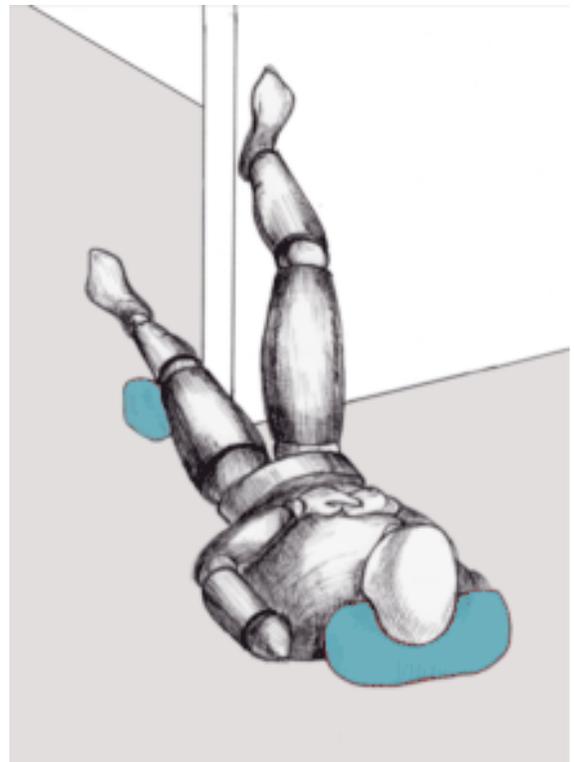
The leg up on the wall should have a slight bend in the knee and the stretch should be felt in the middle of the muscle belly or mid thigh.

If there is a sensation in the front of the hip or top of the thigh on the straight leg on the ground, place a pillow underneath the knee to alleviate this sensation.

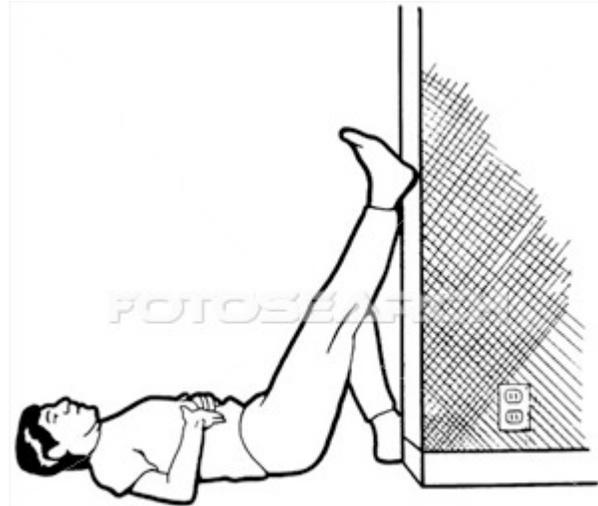
Hold the stretch for at least 60 seconds and then switch side and repeat the stretch.

After 2-3 minutes then switch legs and repeat the stretch for the other leg, always doing the tighter side for a longer time (if there is a tighter side).

Usually repeat for three times on each side.



If you have one hamstring that is tighter than the other start with this stretch in a doorway if you can and stretch the tight side until there is symmetrical tension between your right and left hamstring.



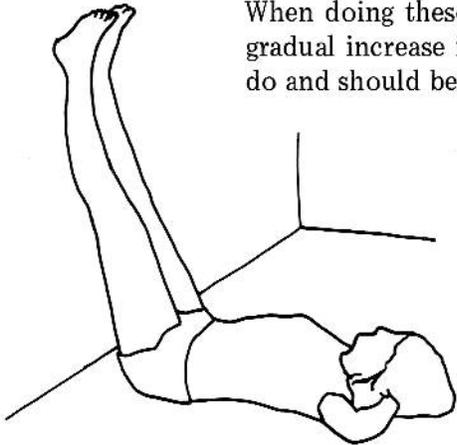
Once both sides are equally tight you can do this stretch with both legs against the wall.



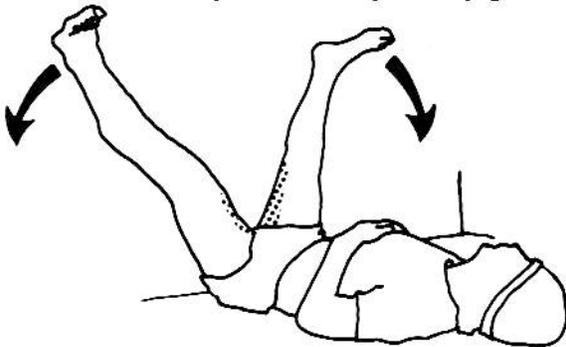
The key point of these stretches is that you should feel relaxed and you are not stretching into pain. Breathe, release, and if you like massage any tight places in your hamstrings or just listen to music, mediate, or focus on letting go.

LEG AND GROIN STRETCHES WITH FEET ELEVATED

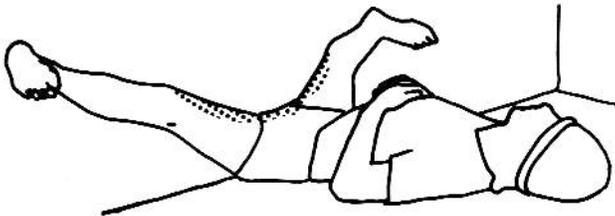
A wall is very useful for stretching the legs, while you relax on your back. When doing these stretches you must be aware of the easy stretch, then the gradual increase into the developmental stretch. These stretches are easy to do and should be approached this way.



Start with your legs elevated and close together, with your butt about 3-5 inches away from the wall so that your lower back is flat and not arched or off the floor. At first elevate your feet this way for only about one minute. Gradually increase the time until you can do it for 5-8 minutes. If your feet start to go to sleep, roll over on your side and then sit up. (See p. 19 for the proper way to sit up from this position.) *Don't get up quickly after elevating your feet* or you may get a light-headed feeling.



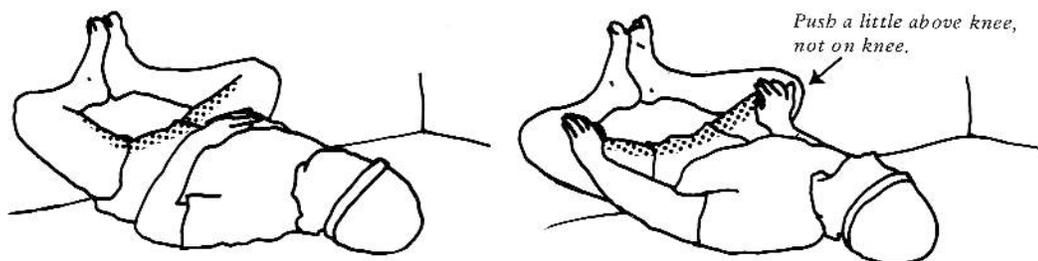
It is possible to stretch your groin from this position by slowly separating your legs, with your heels resting on the wall, until you feel an easy stretch. Hold the stretch 30 seconds and relax.



As this position becomes easier with time and patience you can gradually stretch further by lowering your legs. An advanced position is shown here. Do not try to copy this, but stretch within *your* limits. Do not strain. The wall makes it possible to hold these stretches longer in a relaxed, stable position, without wasting energy due to lack of balance.

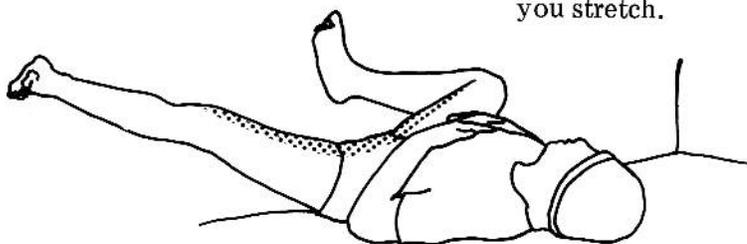
Remember to keep your butt 3-5 inches from the wall. If you are too close to the wall you may feel tightness in your lower back.

Variation:



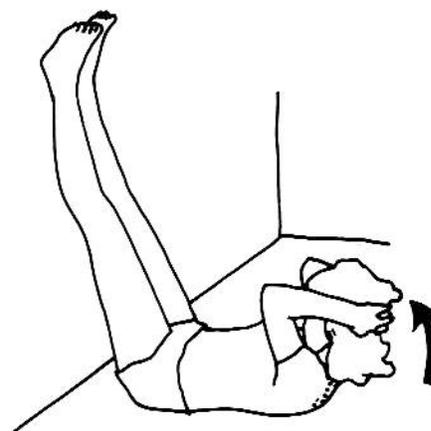
Put the soles of your feet together, resting them against the wall. Relax.

To increase the stretch, use your hands to gently push down on the inside of your thighs until you feel a good, easy stretch. Relax while you stretch.



To isolate and increase the stretch in each side of the groin area, straighten one leg out.

To stretch your neck from this position, interlace your fingers behind your head (at about ear level) and gently pull your head forward until you feel an easy stretch. Hold for 5 seconds. Repeat 2 or 3 times. (See p. 25 for further information on neck stretches.)



These last two pages are from: **Bob Anderson. Stretching. Shelter Publications, Inc. Bolinas California. 415-868-0280. www.shelterpub.com** It is a very good book and I highly recommend it. It can be purchased online from various online booksellers.