

STRETCHING

SCIATICA RELIEF



Consult a physician before starting any stretching regime. This chart is for informational purposes only.



ABDOMINAL
& HIP FLEXORS



LOW BACK



GLUTES & ABDUCTORS



HAMSTRINGS
& LOW BACK



HAMSTRINGS
& LOW BACK



FULL BODY



CALVES, HAMSTRINGS
& LOW BACK



HAMSTRINGS
& LOW BACK



HAMSTRINGS
& LOW BACK



GLUTES &
LOW BACK



GLUTES &
ABDUCTORS



GLUTES &
ABDUCTORS



GLUTES &
ABDUCTORS

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

Assisted Stretching Guide

Elizabeth Dean, Donna L. Frownfelter

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the authors' names.

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