

CORD FLEXIBILITY PROGRAM

1. Straight Leg Hamstring:

Position: Lying on back, cord around bottom of foot w/ foot flexed, opposite leg straight w/ toes pointed up

Motion: Direction of pull is towards the head- KEEP LEG STRAIGHT

Hold for 20-30 seconds



2. Straight Leg Groin:

Position: Lying on back, with cord in one hand, drop leg to the side, KEEP OPP. HIP DOWN!

Motion: Focus on keeping leg straight and letting leg drop to the floor

Note: Do not force!!

Hold for 20-30 seconds



3. **Straight Leg Low Back/Glut:**

Position: Lying on back, hold one cord in one hand, leg straight, opp leg Straight

Motion: Let Leg drop to opposite side, focus on straightening that leg and keeping opposite shoulder on the floor

Hold for 20-30 seconds



4. **Bent Leg Hamstring:**

Position: Lying on back, w/ cord around foot, bend knee to 90 deg, keep opposite leg straight

Motion: Pull foot in the direction of your head

Hold for 20-30 seconds



5. **Figure 4 (Glut):**

Position: Lying on back, cord around outside of foot, knee bent to 90 degrees or more, opposite leg is straight

Motion: Pull foot in the direction of your head, focus on keeping knee flared out
Hold for 20-30 seconds



6. **Sidelying Quad stretch:**

Position: Lie on side, stack hips on top of each other, bend knee so that your heel is near your glut, wrap cord around top of foot and pull over shoulder

Motion: Pull the cord in the direction of you head and extend hip back slightly w/out arching back

Note: You should feel the stretch through your quad and hip flexor
Hold each stretch for 20-30 seconds



7. **Sidelying TFL Stretch:**

Position: Lie on side, stack hips on top of each other, bend knee so that your heel is near your glut, wrap cord around top of foot and pull over shoulder, now place opposite foot on top of knee

Motion: Pull the cord in the direction of you head and extend hip back slightly w/out arching back, and gradually let opposite leg drop down to floor

Hold each stretch for 20-30 seconds



8. **Straight Leg Hamstring:**

Position: Lying on back, cord around bottom of foot w/ foot flexed, opposite leg straight w/ toes pointed up

Motion: Direction of pull is towards the head- KEEP LEG STRAIGHT

Hold for 20-30 seconds



Repeat sequence 1-8 for opposite leg!