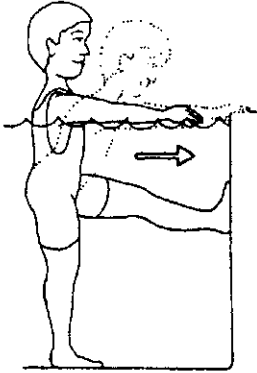




Protocol: Pool Stretches

### Standing Hamstring Stretch

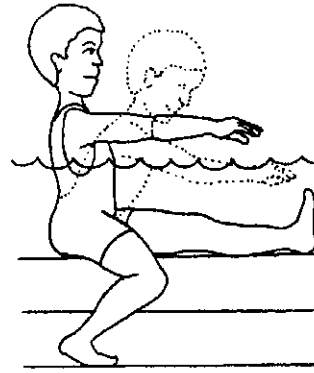
Stand in the pool, face the ledge and put your hands on it. Lift one leg up and place it on the side of the pool. Slowly lean forward as you keep your knee straight. Return to start and repeat with the other leg.



Hold each stretch 10 seconds.  
Repeat 5 time(s) on each side.  
Do 1 session(s) per day.

### Sitting Hamstring Stretch

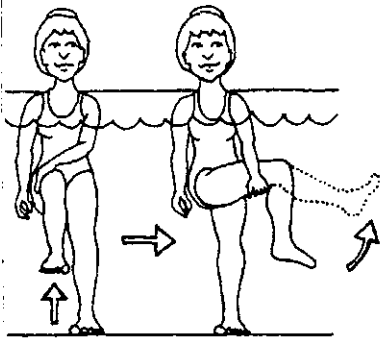
Sit on the pool step with one leg out in front. Slowly lean forward and try to touch your toes. Relax, then repeat with the other leg.



Hold each stretch 10 seconds.  
Repeat 5 time(s) on each side.  
Do 1 session(s) per day.

### Piriformis Stretch

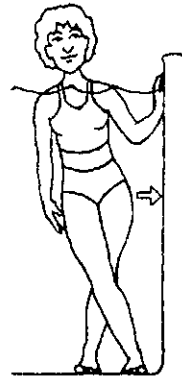
Stand in the pool with your back to the edge. Bring your knee up to your chest and grasp it with your opposite hand. Pull your leg across your body as shown. To increase the amount of stretch, extend your leg at the knee.



Hold each stretch 10 seconds.  
Repeat 5 time(s) on each side.  
Do 1 session(s) per day.

### IT Band Stretch

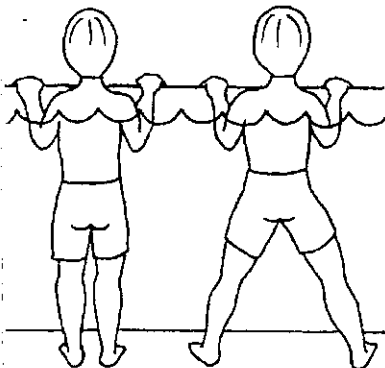
Stand in the pool about a foot away from the side with the involved leg toward the side. Cross the outside leg over in front of the involved leg and lean your hip toward the side, as shown.



Hold each stretch 10 seconds.  
Repeat 5 time(s) on each side.  
Do 1 session(s) per day.

### Hip Adductor Stretch

Stand in the pool, face the ledge and hold it for support. Keep your knees straight and move your legs apart until a stretch is felt. Raise back up and repeat.



Hold each stretch 10 seconds.  
Repeat 5 time(s).  
Do 1 session(s) per day.

### Quad Stretch In Standing

Stand in the pool on the uninvolved leg and hold the ledge for balance. Bend the knee of the involved leg and grasp your foot with your hand pulling it up toward your buttocks. Keep your thigh straight in line with your body. Hold and repeat.



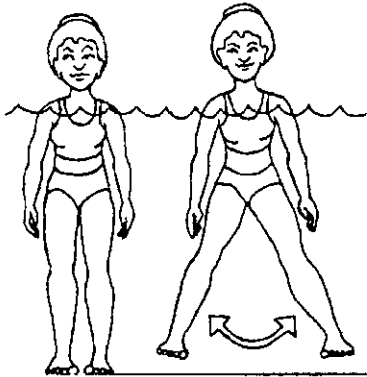
Hold each stretch 10 seconds.  
Repeat 5 time(s) on each side.  
Do 1 session(s) per day.



Protocol: Pool Stretches

### Hip Abduction/Adduction (1)

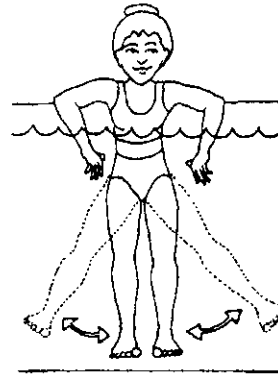
Stand in pool with your feet together. Jump up slightly and move your legs apart. After landing, jump up again and bring your legs together.



Repeat 10 repetition(s) per set.  
Rest 0 minute(s) between sets.  
Do 2 set(s) per session.  
Do 1 session(s) per day.

### Hip Abduction/Adduction (2)

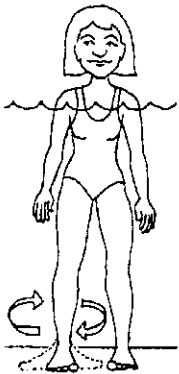
Suspend yourself with your back against the ledge. Keep your knees straight and move your legs apart and together.



Repeat 10 repetition(s) per set.  
Rest 0 minute(s) between sets.  
Do 2 set(s) per session.  
Do 1 session(s) per day.

### Hip Internal/External Rotation

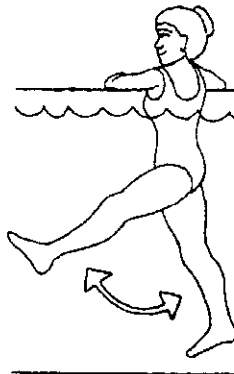
Stand in pool with your back to the wall. Keep your knee straight and rotate one leg inward and outward.



Repeat 10 repetition(s) per set.  
Rest 0 minute(s) between sets.  
Do 2 set(s) on each side per session.  
Do 1 session(s) per day.

### Hip Flexion/Extension (1)

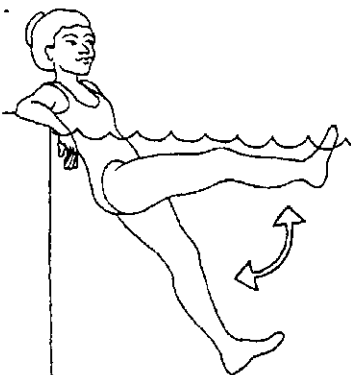
Suspend yourself with your left side against the ledge. Keep your knees straight and kick your legs back and forth in the scissor fashion. Repeat on the right side.



Repeat 10 repetition(s) per set.  
Rest 0 minute(s) between sets.  
Do 2 set(s) on each side per session.  
Do 1 session(s) per day.

### Hip Flexion/Extension (2)

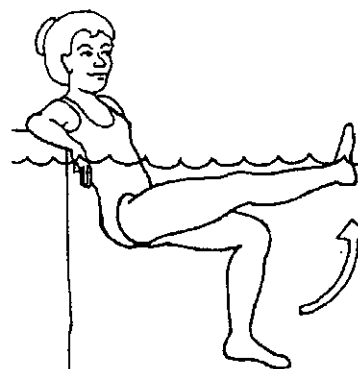
Suspend yourself with your back against the ledge. Keep your knees straight and raise your left leg up to the surface of the water. Lower your left leg while raising your right leg. Repeat.



Repeat 10 repetition(s) per set.  
Rest 0 minute(s) between sets.  
Do 2 set(s) per session.  
Do 1 session(s) per day.

### Knee Flexion/Extension

Suspend yourself with your back against the ledge. Alternately bend and straighten your knees, as shown. *If Pain free*



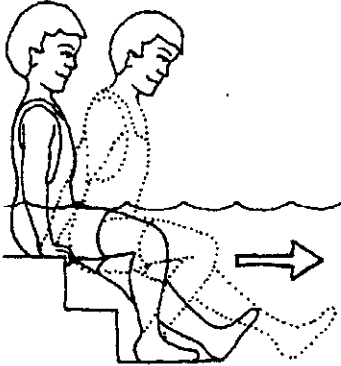
Repeat 10 repetition(s) per set.  
Rest 0 minute(s) between sets.  
Do 2 set(s) per session.  
Do 1 session(s) per day.



Protocol: Pool Stretches

## Knee Flexion Stretch In Sitting

Sit on a step in the pool with one foot flat on the next step and the other leg straight, as shown. Gently move your hips forward until you feel a stretch across the top of your thigh. Relax and repeat with the other leg.



Hold each stretch 10 seconds.  
Repeat 5 time(s) on each side.  
Do 1 session(s) per day.