











# Static and Dynamic Stretches

Static Stretches	Length	Instructions
<p><b>Hip flexor</b> (1/2 kneel stretch)</p> 	60 Sec	Keep abs tight and ribs down, before moving forward to stretch.
<p><b>Quads</b> (couch stretch or side-lying quad stretch)</p> 	60 sec (each)	Again, keep abs tight and ribs down. If doing the one on your side keep the knee down and back
<p><b>Hamstrings</b> (legs on wall)</p> 	60 Sec	Squeeze your quads to make knees straight and pull your toes to your nose.
<p><b>Calves</b> (push wall)</p> 	60 Sec (each)	<p>Keep back knee straight and foot straight.</p> <p>You can also bend the back knee and attempt to keep the heel down, in order to stretch the soleus muscle</p>
<p><b>Hips/Glutes</b> (knee hugs)</p> 	60 Sec (each)	Hug your knee. You should feel the stretch on the outside of the hip and not the inside.

For more information visit [nicklauschildrens.org/sportshealth](http://nicklauschildrens.org/sportshealth) or contact 786-624-5110.



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Dynamic Stretches		Rounds x time
Downward dog		3x10 Sec
Runner's pose		3x10 Sec (each)
Triangle pose		3x10 Sec (each)
Pigeon pose		3x10 Sec (each)
Groin rocks		3x10 Sec (each)

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SportsHealth

## Neuro-Muscular Strengthening and Improved Tissue Extensibility

Exercise		Sets x Reps (Eccentric/Isometric)
<b>Squats</b>		2x5 (5" descent/ 5" hold)
<b>Lunges</b>		2x5 (5" descent/ 5" hold)
<b>Bulgarian split squats</b>		2x5 (5" descent/ 5" hold)
<b>Hip hinge</b>		2x5 (5" descent/ 5" hold)
<b>SL hip hinge</b>		2x5 (5" descent/ 5" hold)

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