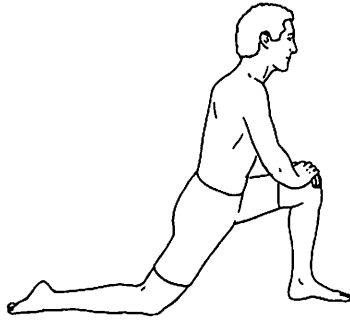


Daily Ice Hockey Stretching Routine

Jan 11, 2018

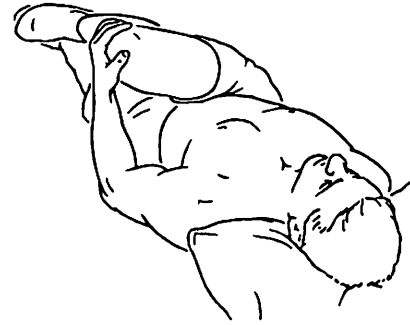
HIP / KNEE - 34 Stretching: Hip Flexor



Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

HIP / KNEE - 66 Stretching: Piriformis (Supine)

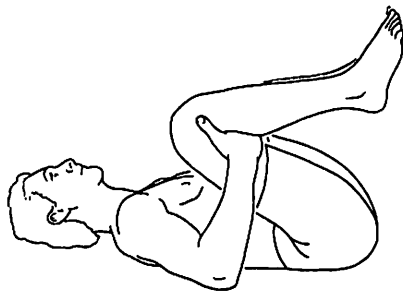


Bend Both Knees.

Pull right knee toward opposite shoulder. Hold 30 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

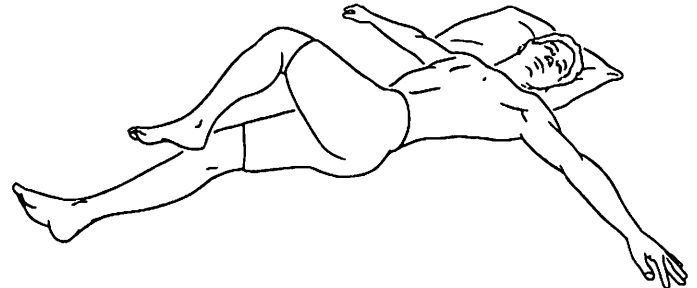
BACK - 19 Knee-to-Chest Stretch: Bilateral



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

BACK - 54 Lumbar Rotation Stretch

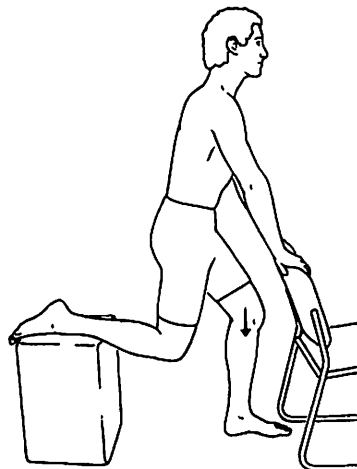


Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Hold 30 seconds.

Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

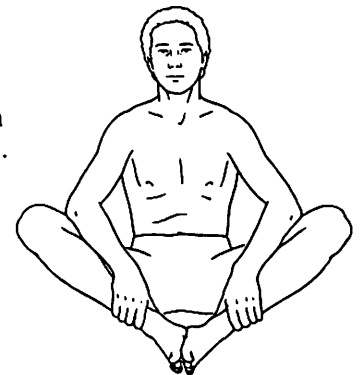
With right leg supported, chair in front for balance, slowly bend other leg until stretch is felt in thigh of supported leg. Hold 30 seconds.



Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.

HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 30 seconds.



Repeat 3 times per set. Do 1 sets per session. Do 1 sessions per day.