



# Cord Flexibility Program

## Straight Leg Hamstring

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

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

**Hold for 20–30 seconds.**



## Straight Leg Groin

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

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

*Note:* Do not force!!

**Hold for 20–30 seconds**



## Straight Leg Low Back/Glut

*Position:* Lying on back, hold one cord in one hand, leg straight, opposite 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**



## Bent Leg Hamstring

*Position:* Lying on back, with cord around foot, bend knee to 90 degrees, keep opposite leg straight

*Motion:* Pull foot in the direction of your head

**Hold for 20–30 seconds**



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## 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**



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## 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 your head and extend hip back slightly without arching back

*Note:* You should feel the stretch through your quad and hip flexor

**Hold each stretch for 20–30 seconds**



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## 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 without arching back, and gradually let opposite leg drop down to floor

**Hold each stretch for 20–30 seconds**



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## Straight Leg Hamstring

*Position:* Lie on back, cord around bottom of foot with foot flexed, opposite leg straight with 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**