

Protocol #2: PNF Stretching

Stretch	Description
Leg Raise with Exercise Band	Lie down on your back with legs straight and place a resistance band around your foot. Pull your leg back, keeping your knee straight, while keeping the other leg on the ground. Pull the leg back as far as you can until you feel a stretch. Hold it for 5-10 seconds. Push your leg back down to the ground, resisting it with the band. Pull it back up and bring it back slightly further than before. Hold it for another 5-10 seconds before driving it back down to the ground. Repeat five times and then switch legs.
Glute Stretch with Towel	Grab a rolled towel and lie on your back with your legs straight out. Bend one knee and bring the leg in toward your chest. Place the towel around the back of the bent knee, holding each end of the towel. Pull back with the towel with both hands to stretch your glute. Then, drive your leg forward into the towel for 3 seconds. Relax and pull your knee in closer to your chest. Repeat five times and then switch legs.
Calf Stretch with Exercise Band	Sit on the ground with your legs straight in front of you. Put a resistance band around one foot and grab the band with both hands. Pull the band back, pulling your toes up towards your shin and feeling a stretch in your calf muscle. Push back against the band with your foot, pointing your toes down as far as you can. Then, relax and pull your toes back farther than the previous time. Hold for 5 seconds and flex your calf again. Repeat five times total and then switch legs.

Note: PNF stretching can also be done with an exercise partner, who can help provide additional depth in each successive stretching cycle.

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