

4 Easy stretches for soccer players

Hamstring Stretch with Foot on Step



Sets: 4-6 • Hold: 20-30 sec • Times Per Day: as needed

Description:

Begin by placing the leg to be stretched on a step in front of you. Place your hands on the thigh of the leg to be stretched and slowly lean forward until you feel a moderate stretch in the back of your leg. Hold as directed. Return to starting position. Repeat as directed.

Piriformis Stretch



Sets: 4-6 Reps • Hold: 20-30 sec • Times Per Day: as needed

Description:

Begin by lying on your back with your knees bent and feet flat on the floor, cross the leg you intend stretch across your other leg keeping your ankle at your knee. Place both hands behind the thigh of your uncrossed leg and gently pull your knee towards your chest, feeling a stretch in the buttocks of your crossed leg. Hold as directed. Repeat as directed.

Kneeling Hip Adductor Stretch



Sets: 4-6 Reps • Hold: 20-30 sec • Times Per Day: as needed

Description:

Begin in kneeling. Completely straighten the leg to be stretched out to the side, and rest your foot on the ground. As you do so, you can place both of your hands on the floor in front of you for stabilization. Slowly lean away from the leg to be stretched- you should feel a stretch in your groin. Hold as directed. Repeat as directed.

Half Kneeling Hip Flexor Stretch



Sets: 4-6 Reps • Hold: 20-30 sec • Times Per Day: as needed Times

Description:

Begin in half kneeling position. To stretch your right hip, kneel on your right knee. Before shifting your weight forward, tilt your pelvis posteriorly (or tuck your tailbone) by engaging your core and your right glute muscle. Make sure to keep your hips square. Then, gently shift your weight forward.

Tip: To increase the stretch, reach over your head to the left with your right arm.



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