

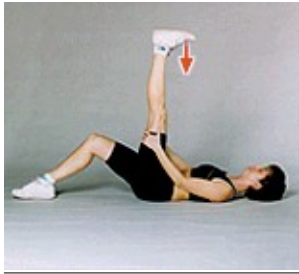


**Masula Chiropractic**  
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Client :  
Client ID :  
Date : Friday, March 6, 2026



**Hamstrings SLR**

Lying on back with knees bent and feet flat on the floor.  
Raise one leg up towards the ceiling keeping toes pulled back to feel a stretch in back of the thigh.  
Use hands to support leg.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Hamstrina**

Lying on back, hug one knee up to chest.  
Keeping knee to chest, straighten the knee as far as possible to feel a stretch in the back of the upper leg.  
Hold, bend knee back down, and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Hamstrina SLR**

Lying on back, pull toes back and bring one leg straight up toward ceiling and hold.  
Lower leg slowly and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

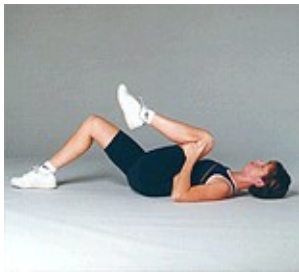


**Active 'Knee to Chest'**

Lying on back, hug both knees to chest.  
Gently push knees up to ceiling (against resistance).  
Then hug knees tight to chest again, hold and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Single Knee to Chest**

Lying on back with knees bent and feet flat on the floor (can perform stretch sitting or standing as well).  
Hug one knee up toward chest, hugging under the knee joint, to feel a stretch in the buttocks.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



**Active Fig.4 Piriformis**

Lying on back, knees bent with feet flat on the floor.  
Cross one ankle onto opposite knee.  
Hug around both legs and bring up toward chest (to comfort).  
Gently push outer knee into elbow, relax and hug both legs closer to chest.  
Hold, relax, and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31