PT Stretch Strap

Stretching Guide



TIGERTAIL®

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GENERAL GUIDELINES FOR EFFECTIVE STRETCHING



The Technique

Most stretches in this guide use a contract-relax-stretch method. You will tense or press against the strap for a few seconds, relax briefly, and then ease further into the stretch.

Repetitions

Complete the contract-and-relax cycle 2 to 3 times per stretch.

Hold Time

Hold your final deep stretch for at least 10 seconds.

Form

Always maintain a neutral spine and proper posture unless instructed otherwise.

HAMSTRINGS

Lying

- Lie on your back.
- Hook the strap around one foot.
- Lift your leg straight up while keeping your hips flat on the floor.
- Press your leg down against the strap to tense the muscle, relax, and pull the leg higher.





HAMSTRINGS

Seated

- Sit tall with one leg straight (strap around the foot) and the other leg bent inward.
- Hinge forward from your hips while keeping your spine straight.







Standing

- Stand tall.
- Place the center of the strap beneath your right foot.
- Extend one leg forward with your heel resting on the ground.
- Hinge forward from your hips while keeping a neutral spine.
- Try to drag your heel backward against the resistance of the strap to tense the muscle.
- Relax and lean further forward.

HAMSTRINGS

Inner Hamstrings

- Lie on your back.
- Hook the strap around one foot, and wrap it around the outside of your leg to the inside of your thigh.
- Rotate your leg inward toward the center.
- Lift it straight up while keeping your hips flat on the floor
- Press down against the strap to tense the muscle.
- Relax and pull the leg higher while keeping it turned in.

Outer Hamstrings

- Lie on your back.
- Hook the strap around one foot, and wrap it around the inside of your ankle, behind your calf, to the outside of your knee.
- Rotate your entire leg outward away from center.
- Lift it straight up while keeping your hips flat on the floor.
- Press down against the strap to tense the muscle.
- Relax and pull the leg higher while keeping it turned out.





CALVES

Side-Lying Hamstrings & Calf

- Lie on your side.
- Hook the strap around your right foot, and bring your straight leg forward at hip height with your toes flexed back.
- Press your leg backward against the strap to tense the muscles.
- Relax and pull the leg further forward.





Lying

- Lie on your back with one leg straight, placing the center of the strap under the ball of your foot.
- Flex your ankle, bringing your toes toward you.
- Press your foot forward against the strap to create tension.

CALVES





Seated

- Sit on the floor with one leg straight and the strap secured around the ball of your foot.
- Pull back with your hands to flex your ankle and stretch the calf.

Inner Calf

- Lie on your back.
- Hook the strap around your left foot, wrap it behind your calf to the outside of your ankle, and hold it with your straight left arm while keeping your right knee bent.
- Turn your lower leg outward.
- Try to turn it back toward the center against the strap to tense the muscle.
- Relax and turn your foot further outward.



Outer Calf

- Lie on your back.
- Hook the strap around your left foot, wrap it behind your calf to the inside of your ankle, and pass it across your knee and under your right thigh to hold with your right hand.
- Turn your lower leg inward toward the center.
- Try to turn it back outward against the strap to tense the outer calf muscles.
- Relax and turn your lower leg further inward.



QUADRICEPS & HIP FLEXORS

Side-Lying

- Lie on your side.
- Bend your top knee, and hook the strap around your foot, passing it over your opposite shoulder.
- Gently try to straighten your knee against the strap to create tension.
- Relax and pull your foot closer to your glutes.



Prone (Face Down)

- Lie face down with the strap hooked around your foot and pulled over your opposite shoulder.
- Bend your knee to stretch the front of your thigh.
- Lift your thigh slightly off the floor to incorporate the hip flexors.



QUADRICEPS & HIP FLEXORS

Prone (Face Down) on Bench or Table

- Lie face down near the edge of a bench or table with your right foot on the floor.
- Hook the strap around your left foot.
- Bend your knee, and pass the strap overhead to hold with right hand.
- Try to straighten your left knee against the strap to tense your quadriceps.
- Relax and bring your foot closer to your buttock.
- To stretch your hip flexors, actively lift your left thigh off the table.
- Press it down against the strap to create tension.
- Relax and repeat.







Advanced Quadriceps

- Lie face down.
- Hook a loop around each foot, bend both knees, and hold the center of the strap behind your head.
- Try to straighten both knees against the strap to tense your quadriceps.
- Relax and then bend your knees further to reach your feet toward your back.

INNER THIGHS



Lying

- Lie on your back with both legs extended.
- Hook the strap around one foot.
- Slide your leg out to the side with your kneecap facing up.
- Hold the strap with your outstretched left hand.
- Try to move your leg back toward the center against the strap to tense your inner thigh muscles.
- Relax and slide your leg further to the side.

Seated

- Sit tall with a neutral spine. You may need to sit on a cushion to maintain a neutral spine.
- Hook the strap loops around each foot, spread your legs wide without locking your knees, and hinge forward from your hips while holding the strap down low with both hands.
- Try to move both legs inward toward the center against the strap to tense your inner thigh muscles.
- Relax and slide your legs slightly farther apart as you hinge further forward.

Seated Butterfly

- Sit tall with a neutral spine.
- Place the center of the strap behind your back while hooking the end loops around each foot with the soles together.
- Hinge forward from your hips with your arms placed against the insides of your knees.
- Try to push your feet away and bring your knees together against the resistance of the strap and your arms to tense your inner thigh muscles.
- Relax and draw your feet closer to your body while lowering your outer thighs toward the floor.





INNER & OUTER THIGHS



Lying with Wrapped Inner Thigh

- Lie on your back with one knee bent and foot flat.
- Hook the strap around the other foot, wrap it behind your calf to the inside of that knee.
- Hold the strap with your outstretched left hand as you slide your leg out to the side.
- Try to move your leg back toward the center against the strap to tense your inner thigh muscles.
- Relax and slide your leg further to the side.

Inner Thigh & Hamstring

- Lie on your back with one knee bent and foot flat.
- Hook the strap around the other foot.
- Wrap it behind your calf to the inside of your left knee, and hold it with your left hand while lifting your leg up and lowering it out to the side with a neutral spine.
- Try to move your leg back toward the center against the strap to tense your inner thigh muscles.
- Relax and lower your leg further to the side.

Outer Thigh

- Lie on your back with one leg extended.
- Hook the strap around your other foot.
- Wrap it behind your calf and across your knee, and hold it with your opposite hand as you lower your leg across your body with a neutral spine.
- Try to move your leg back toward the center against the strap to tense your outer thigh muscles.
- Relax and lower your leg further across to the side.





GLUTEUS MAXIMUS



- Lie on your back.
- Bend one knee toward your chest with the center of the strap behind your thigh, and hold the loops on the sides as you pull your knee toward your chest.
- Try to press strapped thigh back down toward the floor against the strap to tense your glute muscles.
- Relax and bring your knee closer to your chest.

OUTER HIP & LOWER BACK



- Lie on your back.
- Bend one knee toward your chest with the center of the strap behind your thigh.
- Pass the rest of the strap to your opposite.
- Guide strapped knee across your body while keeping both shoulder blades flat on the floor.
- Gently try to return your strapped thigh toward the center against the strap to tense your outer hip muscles.
- Relax and bring your knee further across to the right side.

LOWER BACK



- Lie on your back.
- Bend both knees toward your chest with the center of the strap behind your thighs.
- Hold the loops with both hands, and bring your knees as close to your chest as comfortable.
- Gently press your legs outward against the strap to create tension.
- Relax and then pull your knees closer to your chest.
- Caution: Avoid this stretch if you have osteoporosis or other back conditions.

HIP ROTATORS



- Lie on your back.
- Hook the strap around your right foot.
- Bend your right knee toward your left shoulder.
- Rotate your hip to bring your ankle closer while holding the strap with both hands.
- Keep your spine neutral, your pelvis flat on the floor, and your left leg relaxed.
- Try to press your right leg diagonally away, against the strap, to tense your hip rotator muscles.
- Relax and slowly bring your right lower leg closer to your left shoulder.



Deeper Stretch

- Lift your left leg to bring your knee toward your left shoulder. Keep your pelvis flat on the floor.
- Push your left knee toward your right lower leg.
- Hold the strap with your left hand while placing your right hand on the inside of your right knee.
- Try to press your right leg diagonally with your right hand to tense your hip rotator muscles.
- Relax and slowly bring your right lower leg closer to your left shoulder.



Internal Hip Rotators

- Lie on your back with your right knee bent and foot flat.
- Hook the strap around your left foot, hold it with your left hand.
- Lift your left hip and knee to 90 degrees with your right hand on the outside of your left knee.
- Turn your thigh inward so your lower leg swings out to the side.
- Try to rotate your hip outward and lower leg back toward center against the strap to tense your hip rotator muscles.
- Relax and slowly rotate your thigh further inward.

FRONT OF SHOULDER

- Hold an end loop in your left hand and reach behind your back at waist level while holding the rest of the strap in your right hand.
- Try to pull your left arm forward against the strap to tense your front shoulder muscles.
- Relax and reach your left arm further behind your back.



TORSO

- Stand with your feet hip-width apart.
- Hold the strap overhead with both hands slightly wider than shoulder-width, and gently side-bend your torso to the right while keeping both feet grounded.
- Try to pull your torso back up to center against the tension of the strap to engage your lateral core and torso muscles.
- Relax and deepen the side bend to the right.





TRICEPS





Standard Triceps

- Hold an end loop in your left hand.
- Lift your arm overhead, and bend your elbow to reach toward your shoulder blade while holding the rest of the strap behind your back with your right hand.
- Try to straighten your left elbow upward against the strap to tense your triceps.
- Relax and reach further down your back.

Side-Bending Triceps

- Hold an end loop in your left hand.
- Lift your arm overhead and bend your elbow toward your right shoulder while holding the rest of the strap with your right hand.
- Side-bending your upper body to the right.
- Try to return your upper body upright against the strap to tense your side and triceps muscles.
- Relax and side bend further to the right.

BICEPS



- Stand tall with the strap behind your back.
- Hold the first or second loop from the center in each hand with palms facing forward.
- Reach your straight arms back as far as comfortable.
- Tense your chest and biceps muscles as if pressing forward against the strap without moving it,
- Relax and reach your arms further back behind you.

CHEST

- Stand tall holding the second or third loop from the center in each hand.
- Lift your arms overhead.
- Tense your chest muscles as if pressing forward against the strap without moving it.
- Relax, draw your shoulder blades down, and pull your elbows out to the sides to lower the strap behind your head.





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