



**Endurance Chiropractic
& Sports Therapy**
Live Active

Foundations for a Solid Lower Extremity

Mobility work:

1. Foam roller basics: Quads, IT band, Groin, Hamstrings, Buttocks, Low Back
2. Banded stretches 15-20s holds pre-workout, 1 min post workout
 - a. Hip flexor
 - b. Frog
 - c. Groin from bar
 - d. Ankle
 - e. Pigeon
3. Heel rocks w/ arm raises
4. Bretzel Pretzel

Strengthening: (10-15 rep of each)

1. Cat/Camel into spine rotation
2. Banded dead bugs
3. Single Leg Deadlift
4. Single Leg Step up
5. Banded Overhead Squat
6. Goblet squat

For questions and evaluation of injuries or further rehab plans, contact our

office at: **806-319-7441**

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