

# Dancer's Stretching Guide



## Quadriceps and Hip Flexors

*(Rectus Femoris, Psoas and Iliacus)*

Kneel, bring the body upright and bend your knee out in front to 90 degrees. Then bend your other knee holding onto your ankle and pull your shin is vertical.



## Gluteus medius, minimus and TFL

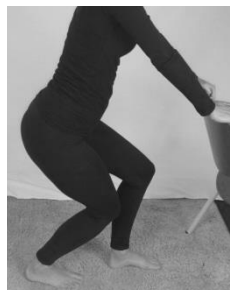
Keep hips facing forward, knee and ankle flexed to 90 degrees, keep weight through your arms and gently lower into the stretch



## Groin

*(Adductors)*

Sitting on the floor with knees turned outwards and feet together, use your elbows to push your knees to the floor. Keep back upright.



## Calves

*(Gastrocnemius and Soleus)*

Find a step. Position your foot so the pads of your feet are on the step. Allow your heel to drop below the step to feel a stretch and hold, then slowly bend your knees and hold

## Hamstrings

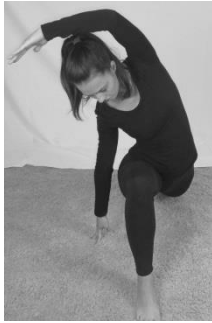
Sitting against a wall with your hips touching the wall.  
First dip the chin to the chest and hold for 1 minute  
Second, reach your chest to your thighs and hold for 1 minute

## Adductors

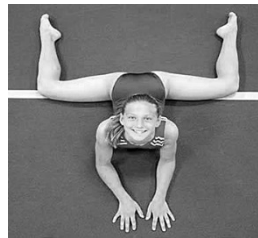
Straddle stretch can be done with heat packs on each thigh to increase the stretch

# How to achieve...

Right/Left leg split



Middle split



Heat pack

Increasing my pointe



Back flexibility



**When trying to increase your split, always remember to:**

- 1. Breathe to get deeper into the split**
- 2. Maintain an upright posture and arch back to increase split**
- 3. Use supports to assist with easing your way into the split**
- 4. Ask someone to assist by pushing you slowly and gently down into the splits**
- 5. EASE YOUR WAY INTO THE SPLIT—do not jump straight down into it**