

- Precede stretch with 20 min warmup
- Hold each stretch 30 -40 seconds
- Repeat 3- X's / stretch
- Stretch twice a day minimum
- Into discomfort NOT pain

# The Groovi-Grippa #1



## Hamstrings & Calf's

Place Groovi-Grippa on forefoot.  
Pelvis stays down  
Keep hip at 90 degrees  
Straighten knee



Inner thigh / Adductor muscles  
Place Groovi-Grippa on forefoot  
Abduct the thigh & flex the foot  
against the pull of the Grippa

## Outside thigh or "TFL"

Start with bent knee  
Pull foot up & inwards with Groovi-  
Grippa  
Keeping pelvis on floor, bring leg across  
body & straighten knee  
You will feel the pull & burn on the  
outside thigh



## Upper Hammie

Place Groovi-Grippa on forefoot.  
of the upper hamstring you are stretching  
Use the Grippa to lift that thigh towards your chest



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- Hold each stretch **30 -40 seconds**
- Repeat **3- X's / stretch**
- Stretch twice a day **minimum**
- Into discomfort **NOT** pain

# The Groovi-Grippa # 2



Double hammie in sitting



### Hamstring with headlights

Maintain an anterior tilt "headlights up"  
 Maintain lumbar spine position whilst  
 straightening leg  
 Hold 3 X 30 sec each leg



Place Groovi-Grippa on forefoot  
 to enhance calf stretching as well  
 as hammie.  
 Slumping forward whilst pulling on handles  
 enhances neural stretch.



Double hammie in lying



Nerve stretch in doorway



Femoral nerve stretch with the aid of the  
 Groovi Grippa



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- Hold each stretch **30 -40 seconds**
- Repeat **3- X's / stretch**
- Stretch twice a day **minimum**
- Into discomfort **NOT pain**

# The Groovi-Grippa # 3



Stretching foot evertors



Stretching foot invertors

Assisted Quads stretch:  
Ensure that knees are parallel  
& 'headlights down' or tuck  
your tail in, to enhance stretch



Assisted neck rotation



Self neck traction  
Maintain upper neck 'nod' position  
Position Groovi-Grippa under occiput  
(base of skull)  
Straighten elbows & pull to traction  
neck

