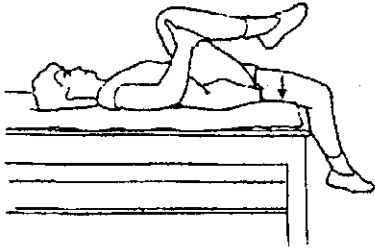




Lower Extremity Stretches 1

Hip Flexor Stretch In Supine

Begin with both knees bent, hanging off the table as shown. Slowly pull one leg to the chest as shown.



Hold 5 seconds.
Repeat 5 time(s) on each side.
Do 2 session(s) per day.

Piriformis Stretch

Cross leg to be stretched over thigh and place elbow over outside of knee. Gently stretch hip muscles by pushing bent knee across body with elbow.



Hold 5 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Supine Piriformis Stretch (2)

Cross legs with hip to be stretched on top. With hands clasped under knee as shown, gently pull knees toward chest until a stretch is felt in the hip.



Hold 5 seconds. Relax.
Repeat 5 time(s).
Do 2 session(s) per day.

Groin Stretch

With feet together, pull inward until a stretch is felt in groin and inner leg area.



Hold 5 seconds.
Repeat 5 time(s).
Do 2 session(s) per day.

Tensor Fasciae Latae Stretch

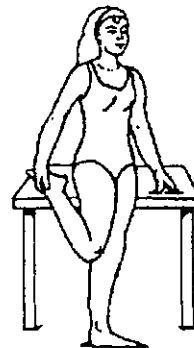
Cross uninvolved leg over the other, then lean to the uninvolved side until a stretch is felt over outside of the involved hip.



Hold 5 seconds.
Repeat 5 time(s) in each direction.
Do 2 session(s) per day.

Quadriceps Stretch in Standing

Grasp top of ankle and pull heel toward buttock until a stretch is felt in front of thigh. Try not to bend forward.



Hold 5 seconds. Relax.
Repeat 5 time(s).
Do 2 session(s) per day.



Lower Extremity Stretches I

Hurdler Hamstring Stretch

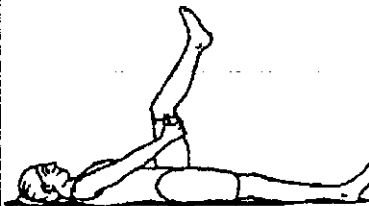
With one leg straight and the other tucked as shown, reach toward toes until a stretch is felt in back of thigh.



Hold 5 seconds.
Repeat 5 time(s) on each side.
Do 2 session(s) per day.

Supine Hamstring Stretch

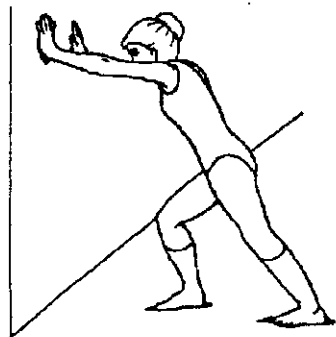
Lie on back and support leg with hands as shown, then gently straighten knee until a stretch is felt in back of thigh.



Hold 5 seconds. Relax.
Repeat 5 time(s).
Do 2 session(s) per day.

Gastrocnemius Stretch

Position one leg behind the other, point the toes slightly outward and keep the knee straight. Gently lean into the wall until a stretch is felt in calf.



Hold 5 seconds, then return to starting position.
Repeat 5 time(s) on each side.
Do 2 session(s) per day.

Soleus Stretch

Position one leg behind the other, point the toes slightly outward and keep the knee bent. Gently lean into the wall until a stretch is felt in lower calf.



Hold 5 seconds, then return to starting position.
Repeat 5 time(s) on each side.
Do 2 session(s) per day.