



ORTHOPEDIC ASSOCIATES of HARTFORD

50 Years of Excellence

GENERAL LOWER EXTREMITY STRETCHES

Home Exercises

HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 1 Times a Day



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 1 Times a Day



HIP FLEXOR STRETCH 4

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, slowly bend your affected knee to add more stretch and grasp your opposite knee and pull it towards your chest.

Repeat 3 Times Hold 30 Seconds

Complete 1 Set Perform 1 Times a Day



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 1 Times a Day*

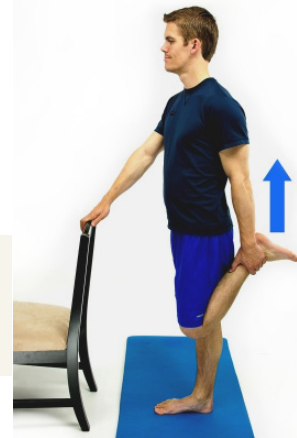


QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 1 Times a Day*



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 3 Times *Hold 30 Seconds*
Complete 1 Set *Perform 1 Times a Day*



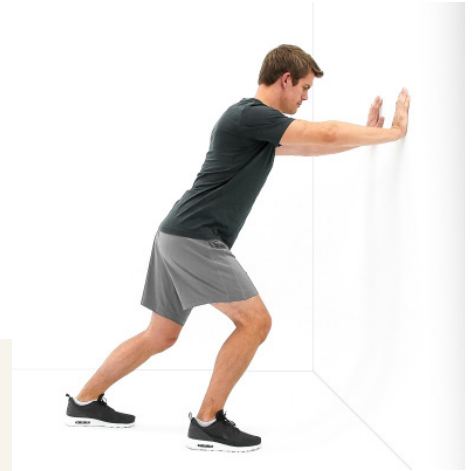
STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

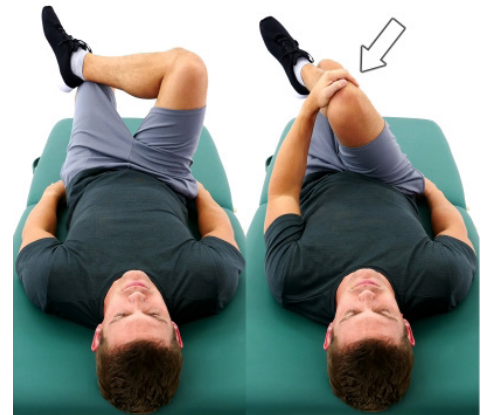
Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 1 Times a Day**



PIRIFORMIS STRETCH MODIFIED 3

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 1 Times a Day**



HIP FLEXOR / QUAD STRETCH WITH STRAP - THOMAS STRETCH

Place a strap or belt around your foot as shown. Bring the other end of the belt around your shoulder. If using a belt, you may need to link 2 belts together for extra length.

While lying on a table or high bed, let the affected leg lower towards the floor. Next, gently pull on the strap to get your knee to bend until you feel a stretch on top of your thigh.

Repeat 3 Times **Hold 30 Seconds**
Complete 1 Set **Perform 1 Times a Day**



HALF KNEEL HIP FLEXOR STRETCH

Place a pillow or foam pad under knee for comfort.

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times Hold 30 Seconds
Complete 1 Set Perform 1 Times a Day



PRONE QUAD STRETCH

Lie down flat on your stomach. Wrap a strap (belt, towel, dog leash) around the top of one of your feet and pull the strap across your opposite shoulder so that your knee starts to curl up to your body. Pull until a stretch is felt across the front of your thigh.

Repeat 3 Times Hold 30 Seconds

