

Lower Extremity Stretching

- ❑ Hold each stretch for 60 seconds
- ❑ Repeat 3x/leg
- ❑ Complete daily (minimum 3x/week)

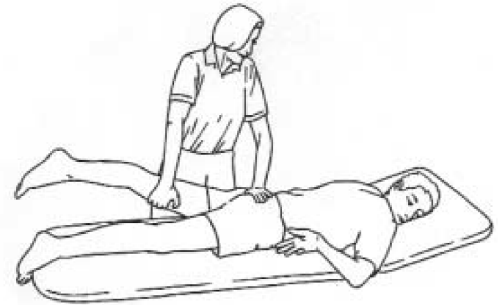
1. Hip Extension (stretch front of hip)

- Position in side lying
- Stand behind and hold the hip stable
- Gently bring the leg back to stretch the front of the hip joint



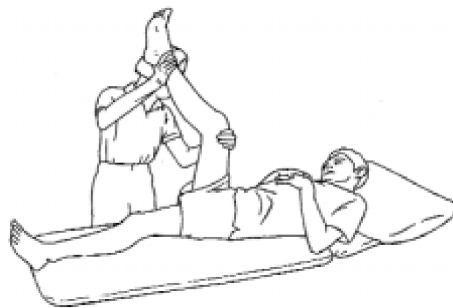
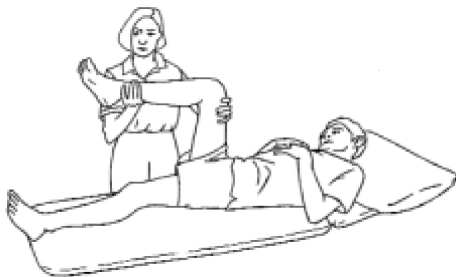
OR

- Start on stomach
- Use one hand to stabilize the bottom
- Use the other hand to lift the leg up from under the thigh



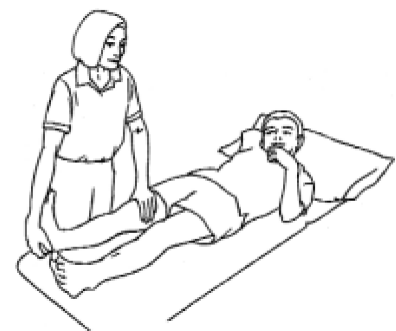
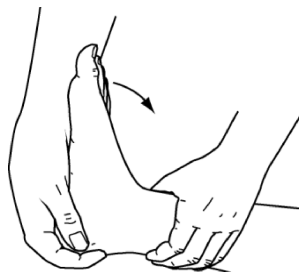
2. Hamstring Stretch (back of legs)

- Start on back with hip and knee bent
- Gradually extend the knee



3. Ankle Dorsiflexion (toes up)

- Hold the heel of the foot firmly in your hand
- Support the rest of the foot with your forearm
- Slowly push back the foot for a firm stretch



4. Hip Flexion (knee to chest)

- Raise the leg, allowing the hip and knee to bend
- Gently move the knee towards the chest



5. Trunk Rotation

- Bend knees up
- Lower knees to one side as far as they comfortably go. Repeat other side



6. Hip Rotation

- Bend the hip and knee (A)
- Put one hand above the knee and one hand on the ankle. Turn the leg so the foot is inward across the other leg (B)
- Gently turn the leg out to the side (C)

