

Lower Extremity Stretching Exercises

Standing Hamstring Stretch

- Stand and straighten one leg on a step or chair
- While keeping toes pointed forward, twist your body to opposite side to the leg you have up.
- Gently side bend toward your toes from the hips until you feel a stretch
- Hold for 30-40 seconds (Do not bounce)



Quadriceps Stretch

- Hold on back of chair for balance
- Bend your knee of your affected leg and bring your heel up toward your buttock
- Grasp your ankle with your hand opposite the leg you're stretching
- Hold for 30 seconds and then bring them back up



Gluteus Max / Medius Stretch

- Lie on our back with legs extended straight out
- Bring one knee toward your chest while grasping the shinbone with your hands
- Hold for 30 seconds and then relax



Seated Rotation Piriformis Stretch

- Sit with both legs straight Cross one leg over the other
- Slowly twist toward your bent leg, placing your hand behind you for support
- Place your opposite arm upon your bent thigh to help you twist
- Look over your shoulder and hold for 30-40 seconds



Adductor Stretch

- Lie on our back with knees bent with feet flat on the ground
- Allow your knees to lower toward the ground until you feel a strong stretch
- Hold for 30 seconds and then bring them back up



Standing Iliotibial Band Stretch

- Stand next to wall for support
- Cross your leg that is closest to the wall behind your other leg
- Lean your hip toward the wall until you feel stretch at the out side of your hip
- Hold for 30 seconds



Calf / Achilles Stretch

- Stand facing wall with unaffected leg forward with knee slightly bent
- Bring affected leg straight back (A) keeping the knee straight or (B) knee slightly bent
- Keep both heels flat on and ground and press your hips toward the wall
- Hold this stretch for 30 seconds



Alternate

- Lift toes up to be on the step, keeping the heel on the floor and (A) knee straight (B) knee slightly bent
- Shift your bodyweight forwards until you feel a stretch

