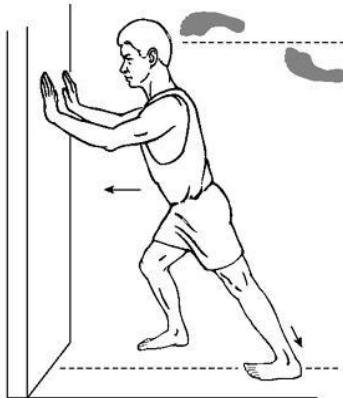


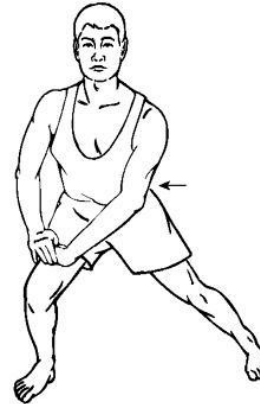
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**STRETCH • Gastrocnemius**



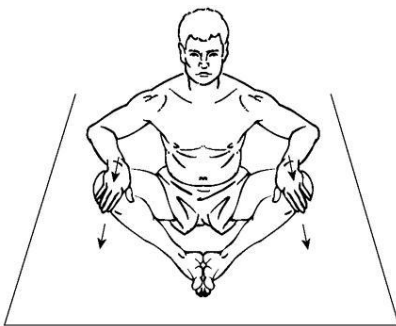
1. Stand with involved foot back and leg straight.
2. Keeping heel and ball of the foot on the floor, turn leg outward to raise your arch up.
3. Holding your arch up, lean forward to wall until a stretch is felt in your calf.
3. Hold for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**STRETCH • Adductors, Lunge**



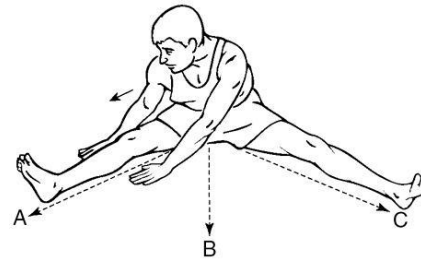
1. Spread your legs wide while standing. Then assume a partial “squat” position.
2. “Lunge/Lean” away from the side you want to stretch, shifting your weight toward the bent leg.
3. Hold this position for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**STRETCH • Hip Adductors**



1. Sit on the floor with the soles of your feet together as shown. Keep your heels as close to your body as is comfortable.
2. Place your hand on top of your knees and push your legs/knees down toward the floor.
3. You will feel a stretch in your groin.
4. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

**STRETCH •  
Hamstrings/Adductors, V-Sit**



1. Sit on the floor with your legs spread as wide as possible in front of you. Your knees must be straight.
2. Lean over one leg with both hands. Keep your chest upright and reach for your toes. (Position A)
3. Hold this position for \_\_\_\_\_ seconds. Relax and return to your starting position.
4. Now reach forward between your legs. (Position B)
5. Repeat for Position C.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

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### FLEXIBILITY • Hip Rotators



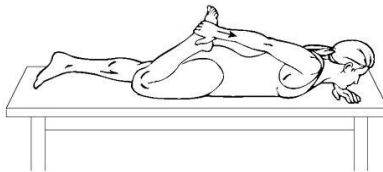
1. Lie on your back. Bend your hip and knee up as shown, grasping them with your hands.
2. Pull your leg/knee toward your opposite shoulder.
3. You will feel a stretch on the outside of your hip near your buttocks.
4. Hold this position for \_\_\_\_\_ seconds.
5. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### FLEXIBILITY • Hip Flexors, Lunge



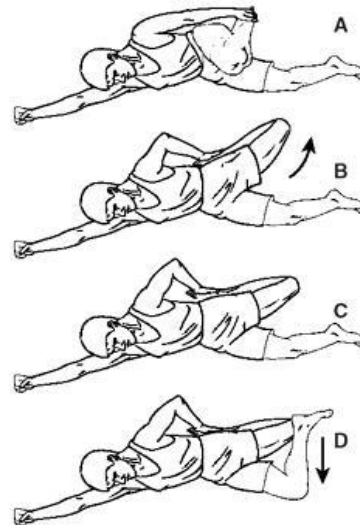
1. Assume the position shown in the diagram.
2. Lunge forward, leading with your hips. Do not bend forward at the waist. Keep your chest upright.
3. Hold this position for \_\_\_\_\_ seconds.
4. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### STRETCH • Quadriceps, Prone



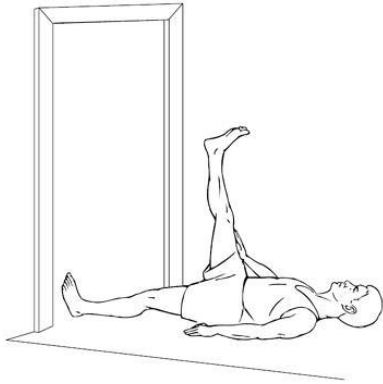
1. Lie on your stomach as shown.
2. Bend your knee, grasping your toes, foot, or ankle. If you are too “tight” to do this, loop a belt or towel around your ankle and grasp that.
3. Pull your heel toward your buttock until you feel a stretching sensation in the front of your thigh.
4. Keep your knees together.
5. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_

### ILIOTIBIAL BAND STRETCH



1. Lie on your side as shown. The muscle/iliotibial band to be stretched should be on top.
2. With your hand, grasp your ankle and pull your heel to your buttocks and bend your hip so that your knee is pointing forward as in the top drawing (A) .
3. Rotate your hip up so that your thigh is away from your body as shown and in line with your body. Keep your heel to your buttocks (B) .
4. Bring the thigh back down and behind your body. Do not bend at the waist. Keep your heel pressed to your buttocks (C) .
5. Place the heel of your opposite foot on top of your knee and pull the knee/thigh down farther. You should feel a stretch on the outside of your thigh near your kneecap (D) .
6. Hold this position for \_\_\_\_\_ seconds.

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**FLEXIBILITY • Hamstrings,  
Doorway**

1. Lie on your back near the edge of a doorway as shown.
2. Place the leg your are stretching up the wall keeping your knee straight.
3. Your buttock should be as close to the wall as possible and the other leg should be kept flat on the floor.
4. You should feel a stretch in the back of your thigh.
5. Hold this position for \_\_\_\_\_ seconds.
6. Repeat exercise \_\_\_\_\_ times.



**FLEXIBILITY • Hamstrings,  
Standing**

1. Stand tall keeping back flat.
2. Place your heel on a chair or bench, and slowly lean forward until you feel a stretch through the back of your thigh.
3. Do not round your back.
4. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_



**FLEXIBILITY • Hamstrings,  
Supine**

1. Lie down on your back.
2. Raise one leg up and grasp behind the knee.
3. Keep the other leg straight against the ground.
4. Slowly straighten out your leg until you feel a stretch
5. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_



**FLEXIBILITY • Quadriceps,  
Standing**

1. Stand tall. You may use a table for balance.
2. With the opposite hand grasp your leg around the ankle.
3. Pull your heel toward your buttock until you feel a stretching sensation in the front of your thigh.
4. Keep your knees together. And stand tall
5. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_

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### STRETCH • Lateral Rotators



1. Lie on your back
2. Cross your legs as if sitting in a chair.
3. Grasp the “under” leg with both hands.
4. Pull the knee toward your chest until you feel a stretch in your buttocks and hip.
5. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_

### STRETCH • Soleus



1. Stand with your back straight and palms against the wall.
2. Stagger stance with the leg you want to stretch is the back leg.
3. Squat down into a seated position.
4. Foot and heel should remain straight ahead, while maintaining your heel on the ground.
5. Slowly lean forward until you feel a stretch in your calf.
6. Repeat exercise \_\_\_\_\_ times, \_\_\_\_\_ times per day.

### STRETCH • Hip Flexor

1. Stand with right foot up on a platform that is at or below waist.
2. Left foot is behind you and knee should remain straight.
3. Bend the right knee and push hips forward. Your right knee should NOT be over your toes.
4. Lean forward until you feel a stretch across groin and hips.
5. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_
6. Repeat stretch on opposite side.



### STRETCH • Hip Flexor

1. Sit on edge of bed so that thigh is halfway off.
2. Lie back while bringing both knees toward your chest.
3. While grasping behind your knee, lower your other leg toward the floor, keeping knee bent at 90°.
4. Keep your thigh in midline.
5. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_
6. Repeat stretch on opposite side.

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**STRETCH • Hip Medial Rotators**

1. Lie on your stomach, next where you can anchor tubing.
2. Place tubing around ankle.
3. Stabilize your pelvis.
4. Important to keep femur head in contact with the floor.
5. Knee should be flexed to 90 °.
6. Hold this position for \_\_\_\_\_ seconds. Repeat \_\_\_\_\_
7. Repeat stretch on opposite side.

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**STRETCH • Iliotibial Band,**  
standing

1. Stand Approximately 2-3 feet from the wall, with involved side facing the wall
2. Place one hand on the wall.
3. Cross the uninvolved leg OVER the other and lean into the wall.
4. Place hand on uninvolved hip for over pressure.
5. Hold for \_\_\_\_\_seconds, repeat \_\_\_\_\_ times.
6. Repeat stretch on opposite side.