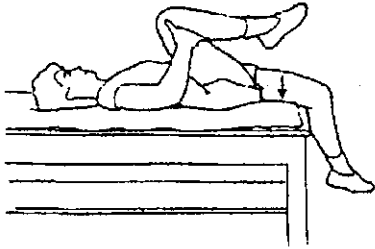




## Lower Extremity Stretches 1

### Hip Flexor Stretch In Supine

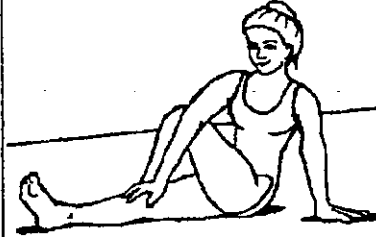
Begin with both knees bent, hanging off the table as shown. Slowly pull one leg to the chest as shown.



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

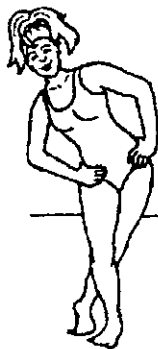
With feet together, pull inward until a stretch is felt in groin and inner leg area.



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

### Tensor Fasciae Latae Stretch

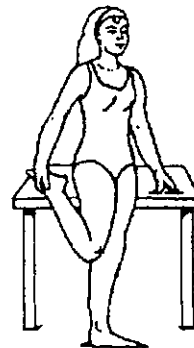
Cross uninvolved leg over the other, then lean to the uninvolved side until a stretch is felt over outside of the involved hip.



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 1

### Hurdler Hamstring Stretch

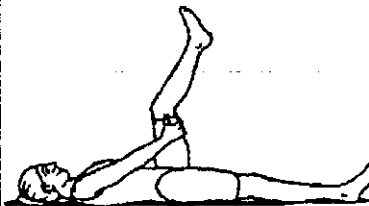
With one leg straight and the other tucked as shown, reach toward toes until a stretch is felt in back of thigh.



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

### Supine Hamstring Stretch

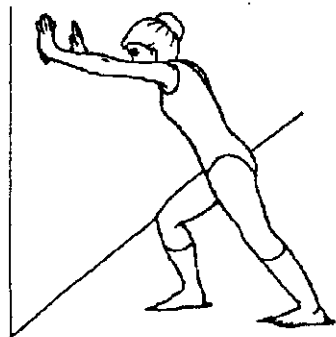
Lie on back and support leg with hands as shown, then gently straighten knee until a stretch is felt in back of thigh.



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.