

HIP AND LEG STRETCHES

GENERAL STRETCHING INSTRUCTIONS

- Relax in a comfortable position.
- Stretch Slowly.
- Stretch in a NO PAIN range of motion.
- Do 2-3 repetitions of each, holding 3-5 seconds
- Stretch every 1-1.5 hours – FREQUENCY IS THE KEY!
- STRETCH BOTH SIDES.

NOTES: _____

1. GLUTEUS MAXIMUS



- Grasp leg at knee
- Pull leg knee toward chest
- Repeat pulling knee toward opposite shoulder

2. QUADRATUS LUMBORUM, PIRIFORMIS, ILIO-TIBIAL BAND AND GLUTEUS MINIMUS



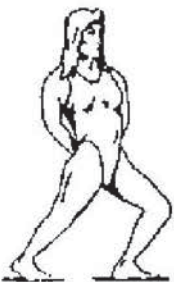
- Arms behind head or extended overhead
- Legs bent – cross leg at knee
- Use top leg to pull bottom leg toward floor

3. GLUTEUS MINIMUS



- Cross legs right over left
- Move hips to the right
- Repeat on left side

4. ILIOPSOAS, QUADRICEPS



- Place one foot/leg forward
- Feet should point straight ahead
- Arch back slightly as you shift the hips forward
- Stretch is felt in groin of leg that is extended back

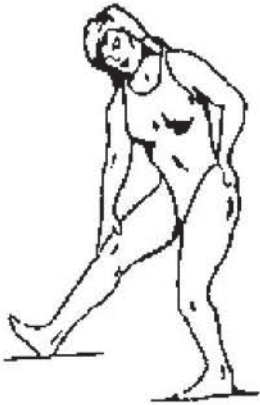
5. QUADRICEPS



- Grasp left leg with right hand just above ankle
- Pull heel toward buttock
- Keeping foot to buttock slowly move knee backward and upward
- Repeat sequence grasping left leg with left hand

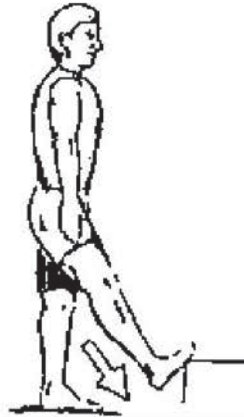
HIP AND LEG STRETCHES

6. HAMSTRING, GASTROCNEMIUS



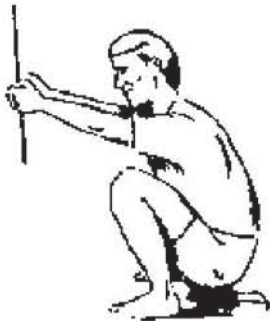
- Place one foot on support
- Pull toes upwards
- Lean forward at the hip

7. GASTROCNEMIUS, TIBIALIS POSTERIOR



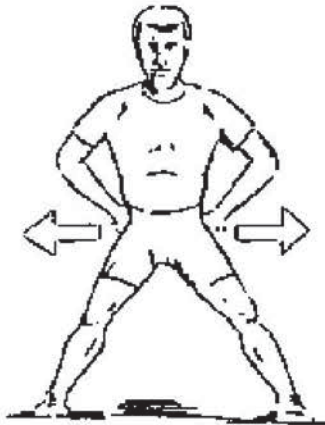
- Place foot on edge of support
- Keep knee straight
- Lower heel towards floor

8. SOLEUS



- Hold on to a firm support
- Do a full squat, keeping heels on floor

9. ADDUCTORS



- Spread legs apart to nearly full range
- Swing hips away from side to be stretched

10. PLANTAR FASCIA, TIBIALIS ANTERIOR



- Raise heel to rest foot on toes



- Place toes behind, tucked under either on the floor or a step
- Pull the knee and heel forward, stretching the front of the lower leg