

Stretching & Exercise Hip & Knee Stretches

HIP & KNEE 1: Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



HIP & KNEE 2: Soleus Stretch

Keeping back leg slightly bent, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

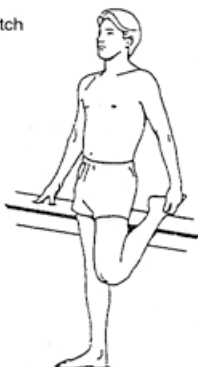
Hold 30 seconds.
Repeat 6 times.
Do twice daily.



HIP & KNEE 3: Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



HIP & KNEE 4: Quadriceps Stretch



Pull heel in toward buttocks until a comfortable stretch is felt in front of thigh.
Hold 30 seconds. Repeat 6 times on each side.
Do twice daily.

HIP & KNEE 5: Supine Hamstring Stretch



Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 6: Seated Hamstring Stretch



Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt in back of thigh.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 7: Standing Hamstring Stretch

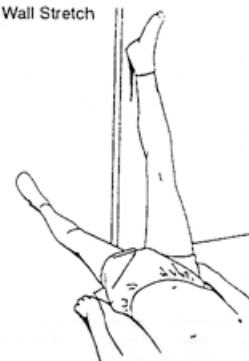


Place foot on a stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.
Hold 30 Seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 8: Hamstring Wall Stretch

Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.

Repeat 6 times.
Do twice daily.



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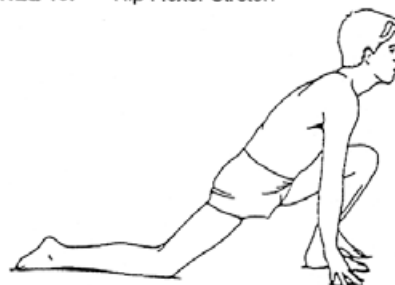
HIP & KNEE 9: Inner Thigh/Groin Stretch

Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



HIP & KNEE 10: Hip Flexor Stretch



Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 11: Piriformis Stretch



Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.
Hold 30 seconds. Repeat 6 times. Do twice daily.

HIP & KNEE 12: Tensor Stretch

Cross LEFT RIGHT leg over the other, then lean to the until a stretch is felt over outside of hip.

Hold 30 seconds.
Repeat 6 times.
Do twice daily.



HIP & KNEE 13: Posterior Glide



With towel roll wedged behind knee, apply a gentle downward and backward force through knee.
Hold 30 seconds. Repeat 6 times. Do twice daily.

