

Hamstrings (back of your thigh)

- Lie on your back and grasp the back of your thigh with both hands. Bend your hip up so your knee is facing the ceiling. Straighten your leg raising your foot toward the ceiling. Your opposite leg should be flat against the ground.

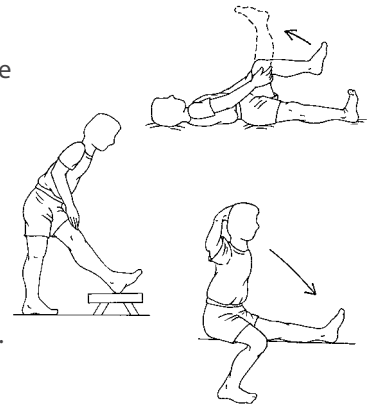
Reps _____ Sec. held _____ Times/day _____

- While standing, place the heel of your affected leg on a low chair, table or step. Keeping your lower back and knee straight, bend forward at the hip until a stretch is felt in the back of your thigh.

Reps _____ Sec. held _____ Times/day _____

- Sit on a table or bed with one leg on the floor, straighten your leg on the table so your knee is flat. Lean forward while keeping your lower back slightly arched.

Reps _____ Sec. held _____ Times/day _____



Quadriceps (front of your thigh)

- Face away from a table. Bend your _____ knee and place the top of your foot and toes on top of the table. Keep your thigh perpendicular to the floor and tuck your pelvis under. Bend your _____ knee, lowering yourself until a stretch is felt in the front of your _____ thigh.

Reps _____ Sec. held _____ Times/day _____

- Grasp your foot behind your body with the opposite hand. Pull back on your foot feeling the stretch in front of your thigh and across the front of your knee. If no stretch is felt, extend your knee back.

Reps _____ Sec. held _____ Times/day _____

□ Gastroc soleus

Stand facing a wall. Place your leg to be stretched behind you with your toes pointing in slightly. Lean forward against the wall keeping your back straight.

Reps _____ Sec. held _____ Times/day _____

□ Soleus stretch

Make sure the back of your heel stays on the ground. Repeat procedure as above except bend your back knee slightly. You should feel the stretch in your lower calf.

Reps _____ Sec. held _____ Times/day _____

□ Gluteal stretch

Start on your hands and knees. Slide your _____ foot toward the opposite foot. Straighten your _____ knee and cross over the opposite foot keeping your lower back slightly arched. Shift your body backward until a stretch is felt on your _____ buttocks and stretch is felt in your bent leg.

Reps _____ Sec. held _____ Times/day _____

