

HIP & LEG STRETCHING INSTRUCTIONS

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 1/2 hours - FREQUENCY IS THE KEY!
- **STRETCH BOTH SIDES**

NOTES: _____

1. GLUTEUS MAXIMUS



- Grasp leg at the knee
- Pull leg/knee towards chest

- Repeat pulling knee towards opposite shoulder

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



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

3. GLUTEUS MINIMUS



- Cross legs right over left
- Move hips to the right

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 towards buttock
- Keeping foot to buttock slowly move knee backward and upward
- Repeat sequence grasping left leg with left hand

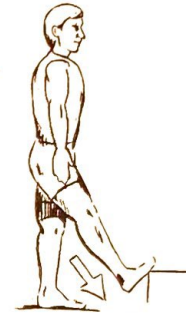
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6. HAMSTRING, GASTROCNEMIUS



- Place foot on support
- Pull toes upward
- Lean forward at the hips

7. GASTROCNEMIUS, TIBIALIS POSTERIOR



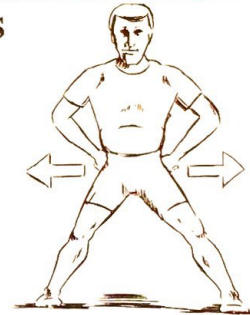
- Place foot on edge of support
- Keep knee straight
- Lower heel towards floor

8. SOLEUS



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

9. ADDUCTORS

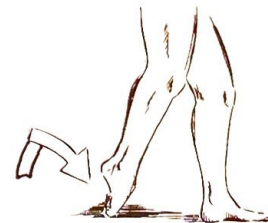


- Spread legs apart to nearly full range
- Swing hips away from side to be stretched

10. PLANTAR FASCIA, TIBIALIS ANTERIOR



- Raise heel to rest foot on toes



- Place foot behind in plantar flexion (toes tucked under)
- Roll the heel inward