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Patient Stretches

To the Patient:

- Please remember to breathe deeply when doing each exercise.
- Hold each exercise for 30 seconds and do each one 3 times, gradually easing into the stretch and increasing your flexibility.

Hamstring Stretch

Position:

Either seated on floor with stretching leg extended and other knee bent or supine (on back) with hands holding back of thigh with the other knee bent.

Movement:



Seated Stretch - While seated on the floor, extend one leg and bend the other so that the foot faces the inner thigh of the extended leg. Gently lean forward until a comfortable stretch is felt in the back of the thigh. Hold this position for a count of 30 seconds*. Repeat 3 times*, then perform this same movement on the opposite side. A towel may be placed around the foot of the extended leg to assist in the stretch.



Supine Stretch - While lying on the back, grasp the back of one thigh. With that knee slightly bent, pull the thigh towards the chest until the back of that thigh tightens. Then, slowly straighten the knee. A comfortable stretch should be felt in the back of the thigh. Hold this position for a count of 30 seconds*. Repeat 3 times*, then perform this same movement on the opposite side.

Piriformis Stretch



Position:

Seated on floor with foot placed on the lateral aspect of the opposite side knee.

Movement:

Using your arm, gently pull the thigh of the bent leg and twist the body. A comfortable stretch should be felt in the buttock area of the leg which is bent. Hold this position for a count of 30 seconds*, then perform this same

movement on the opposite side.

Important Tips:

Be sure to keep the back straight during the stretch.

Groin Stretch



Position:

With knees bent, place bottoms of feet together in either the seated or supine (on back) position.

Movement:

Seated Stretch - In the seated position with knees bent and feet together, gently press on the tops of the knees down with the elbows. A comfortable stretch should be felt in the region of the inner thigh. Hold this position for a count of 30 seconds*.

Supine Stretch -

While laying on the back, bend the knees and place the feet together. Allow the legs to passively stretch towards the floor. A comfortable stretch should be felt in the region of the inner thigh. Hold this position for a count of 30 seconds*.

Buttock Stretch



Position:

Lay on back and grasp bent knee with hands; other knee remains flexed.

Movement:

Slowly pull bent knee towards chest with hands. You should feel a comfortable stretch in the buttocks. Hold this position for a count of 30 seconds*, then perform this same movement on the opposite side. Alternatively, this stretch may be performed by grasping both bent knees together and pulling them towards the chest - as opposed to one knee at a time.

Iliotibial Band (ITB) Stretch



Position:

Supine with hand grasping outside of opposite side knee.

Movement:

Keeping back and shoulders flat on floor and arm extended for support, gently pull knee and thigh across to opposite side of the body. A comfortable stretch should be felt along the lateral aspect of the thigh. Hold this position for a count of 30 seconds*. Repeat 3 times*, then perform this movement on the opposite side.

Important Tips:

Perform this movement slowly avoiding any jerking motions.

Tensor Fasciae Latae Stretch

Position:

Standing with crossed legs.

Movement:

With the legs crossed, slowly bend forward at the waist. A comfortable stretch should be felt in the lateral thigh of the rear leg. Hold this position for a count of 30 seconds*, then perform this same movement on the opposite side.



Important Tips:

If you have problems with balance or dizziness, use a wall to assist with balance or stretch with an assistant.