





Lower Extremity Stretching Home Exercise Program






You can follow along with the pictures below, or scan the QR code which will take you to video instruction on how to perform the exercise.

Access Code: BXPCTHE7

All stretches should be completed as 3 sets of 30 seconds, unless otherwise instructed. Lower extremity stretching should be completed 2-3 times per day. These stretches should be performed on both lower extremities following a good warm-up

<p>Gastroc</p> 	<ul style="list-style-type: none">• Begin in a standing upright position in front of a wall.• Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.• Make sure to keep your heels on the ground and back knee straight during the stretch.
<p>Soleus</p> 	<ul style="list-style-type: none">• Begin in a standing upright position in front of a wall.• Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.• Make sure to keep your heels on the ground and back knee bent during the stretch.
<p>Hamstring</p> 	<ul style="list-style-type: none">• Begin lying on your back holding the end of a strap secured around one foot with your legs bent and feet flat on the floor.• Straighten your leg with the strap and pull it toward yourself until you feel a stretch in the back of your thigh and hold.• You can have a slight bend in your knee but keep your foot straight.
<p>Quad</p> 	<ul style="list-style-type: none">• Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.• Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

<p>Hip Flexor</p> 	<ul style="list-style-type: none">• Begin in a half kneeling position with your back foot up on a chair behind you and your hips facing forward.• Shift your weight forward, pressing your hips forward at the same time. Hold this position. You should feel a stretch on the front of your hip and thigh.• Make sure to stay upright and keep your buttocks tight.
<p>Adductor</p> 	<ul style="list-style-type: none">• Begin on all fours.• Reach one leg straight out your side. Rotate your leg so that your toes point upward, then rotate your leg inward, lifting your heel off the ground, keeping your toes on the floor. Repeat these motions.• Make sure to only move through a pain-free range of motion and perform these movements slowly.
<p>Inch Worm</p> 	<ul style="list-style-type: none">• Begin in a standing upright position.• Bend at your hips and lean forward to touch the ground. Slowly walk your hands forward with your legs straight until you reach a push up position. Then slowly walk your feet toward your hands with your knees straight, and repeat.• Make sure to keep your back straight, and avoid locking out your arms and legs during the exercise.