

Lower Extremity Stretching Home Exercise Program

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.

Gastrocnemius (Calf) Stretch

Seated – Wrap a towel or rope around the bottom of the foot near the toes. With your knee completely straight, pull your toes towards your body until a stretch is felt in the back of the lower leg.

Standing – Standing at a solid surface with your knees completely straight and your toes propped up, move your hips forward until a stretch is felt in the back of the lower leg.



Soleus (Calf) Stretch

Seated – Wrap a towel or rope around the bottom of the foot near the toes. With a slight bend in your knee, pull your toes towards your body until a stretch is felt in the back of your leg near the ankle.

Standing – Standing at a solid surface with a slight bend in your knee and your toes propped up, move your hips forward until a stretch is felt in the back of the lower leg.



Hamstring Stretch

Supine – Wrap a towel or rope around the bottom of the foot near the toes. With your knee completely straight, begin to lift your leg in the air until a stretch is felt along the entirety of the back of your leg.

Standing – Rest your heel on top of a chair or other raised surface. With your leg and back completely straight, bend at the knee and waist and bring your chest down until a stretch is felt along the entirety of the back of your leg.



Quadriceps Stretch

Prone – Lying on your stomach, wrap a towel or rope around your foot. Pull your heel towards your bottom until a stretch is felt in the front of your thigh.

Standing – Prop your foot on a chair between knee and waist height so that your knee is bent about 90°. Hold something in front of yourself for balance and squat slightly on the leg you are balancing on. Continue to lower yourself until a stretch is felt in the front of your thigh.



Hip Flexor Stretch

Standing – Standing in a split leg position, with your feet firmly planted on the ground, allow your back hip to push forward until a stretch is felt in the hip. A slight arch in the back can sometimes help with the stretch.

Kneeling – While kneeling on the floor or a mat, get into a lunge position. Place your hands on your waist, and bring your hips forward until a stretch is felt in the front of the back hip.



Iliotibial Band (ITB) / Tensor Fasciae Latae (TFL) Stretch

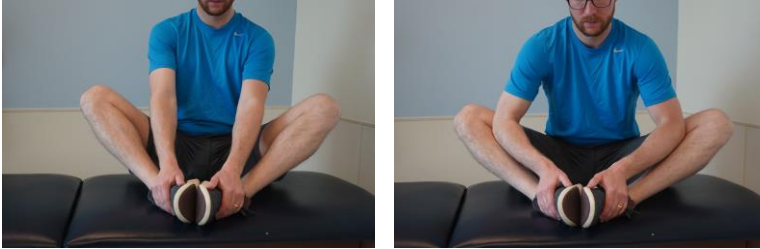
Standing – With one leg crossed behind the other, and while holding on to something for support, gently push the hip of the leg in back away from your support. The stretch should be felt along the outside of the leg being pushed away from the support.

Supine – With a towel or rope around the bottom of the foot near the toes, lay on your back with your leg in the air completely straight. Allow this leg to slowly cross your body until a stretch is felt along the outside of the hip and leg.



Butterfly Stretch

Seated – While seated, bend your knees and place the bottoms of your feet together. Rest your elbows on your knees and apply pressure until a stretch is felt along the inner thighs.



Piriformis Stretch

While lying on your back, cross one leg over the other so that your ankle is resting on the other knee. Grab both hands in front that knee and pull it up towards your chest. Perform this until a stretch is felt across your bottom and into your back.

