

Active Health Solutions

Stretches – Hip and Knee



Hip Flexor

Kneeling on one knee, squeeze glutes and slowly push pelvis forward until stretch is felt on front of hip. Do not hyperextend the back.

Hold _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.
Repeat with opposite leg.



Piriformis- Seated

Cross leg over the other thigh and place opposite elbow over the outside of the knee. Gently stretch the buttock muscles by pushing bent knee across body.

Hold _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.
Repeat with opposite leg.



Quadriceps: Bicycle Position

Start by sitting on the floor with one leg bent in front and the other bent at 90° behind you. Slowly bring the heel toward the buttock until stretch is felt

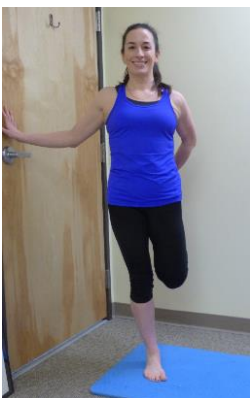
in front of thigh. Don't rotate through the torso.

Hold _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.
Repeat with opposite leg.



Piriformis- Supine

Pull knee toward the opposite shoulder. Hold _____ seconds. Repeat _____ times per session. Do _____ sessions per day. Repeat with opposite leg.



Quadriceps (Standing)

Pull heel toward buttock until stretch is felt in front of thigh. Do not arch the back.

Hold _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.
Repeat on opposite leg.



Inner thigh/Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh.

Hold _____ seconds.
Repeat _____ times per session.
Do _____ sessions per day.



Hamstring
 With leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight.

Hold _____ seconds.
 Repeat _____ times per session.
 Do _____ sessions per day.
 Repeat with opposite leg.



Soleus Stretch
 Stand with foot back, both knees bent. Keeping heel on the floor, turned slightly out, lean into wall until stretch is felt in the lower calf.

Hold _____ seconds.
 Repeat _____ times per session.
 Do _____ sessions per day.
 Repeat with opposite leg.



Supported Hamstring
 Place one leg on a door jam, wall, or support with a strap. Hold _____ seconds. Repeat _____ times per session. Do _____ sessions per day. Repeat with opposite leg.



Supported Iliotibial Band Side Stretch
 With one hand on the wall for support, cross one leg in front of the other. Bend both knees until a stretch is felt along the outer thigh. Hold _____ seconds. Repeat _____ times per session. Do _____ sessions per day. Repeat with opposite leg.



Iliotibial Band
 Cross one leg behind the other. Bend at waist, reaching toward foot. Hold _____ seconds. Repeat _____ times per session. Do _____ sessions

per day. Repeat with opposite leg.



Supported Adductor Stretch Against Wall
 Sit against the wall with a pillow supporting the lower back. Spread legs out to a "V" until a stretch is felt. With your palm, press firmly

against the adductor tendon. Hold _____ seconds. Repeat _____ times per session. Do _____ sessions per day.



Gastroc Stretch
 Stand with foot back, leg straight, forward leg bent. Keeping the heel on the floor, turned slightly out, lean into wall until stretch is felt in calf. Hold _____ seconds. Repeat _____ times per session. Do _____ sessions per day. Repeat with opposite leg.