

Lower Extremity Stretching

Directions: All stretched should be completed in the following method, *hold for 20 seconds and complete 5 repetitions* unless otherwise written. Stretches should be completed 4 times a day. The most gains will be made when the muscles are already warm.



Place the leg to be stretched behind you while keeping your foot in contact with the floor and toes pointed towards the wall;

Soleus Stretch: Keep your knee bent and lean your body forward.

Gastroc Stretch: Keep your knee straight and lean your body forward.



Hamstring Stretch: Place your foot on a chair about knee height. Place your hand on top of your knee to keep it straight. While keeping your back straight, lean your body towards your toes until a stretch is felt in the back of your leg.



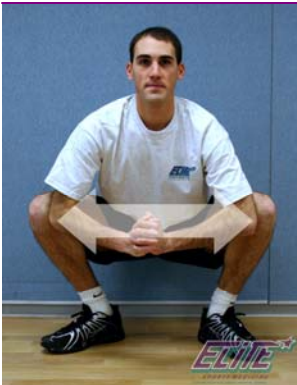
Quadriceps Stretch: Place your foot behind you on something hip height. With your opposite leg, take a large step forward and gently bend your knee, push your hips forward while keeping your back straight until a stretch is felt in the front of your leg that is propped up.



Hip Flexor: Place your lower leg and knee on a chair. With your opposite leg, take a large step forward. Shift your weight to your front leg and push hips forward until a stretch is felt in the front of your hip.



IT Band Stretch: Stand with the leg to be stretched closest to the wall. With the same foot, step behind your leg farthest from the wall. Next, Lean your hip towards the wall until a stretch is felt on the outside of that hip



Adductor Stretch: Squat down while keeping both feet planted on the floor. Place your elbows on the insides of your knees and push outwards until a stretch is felt in your groin.



Hip Internal Rotation: Lie on your back with both feet flat on the ground and knees slightly bent. Take your right foot and place it on the outside of your left knee. Using your right foot, pull your left knee towards the ground until a stretch is felt on the outside of your left hip. Reverse if needed.



Hip External Rotation: Lie on your back and place your left foot on your right knee. Pull your right thigh up towards your head until a stretch is felt in your left buttock. Reverse if needed.