



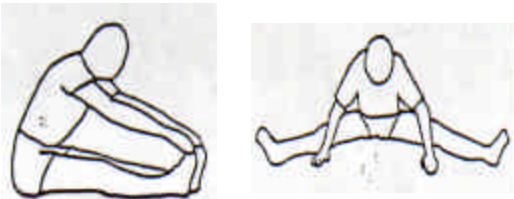
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## Lower Extremity Stretching



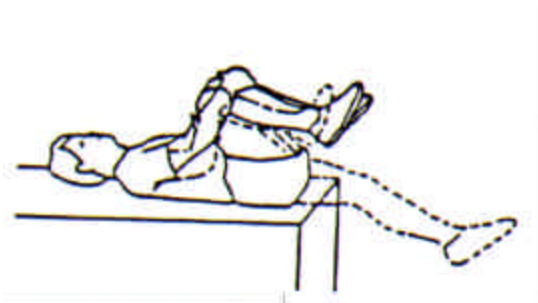
- 1) **Supine Hamstring:** Lie on Back, raise leg to chest by bending at the hip, grasping the back of your thigh with both hands just above the knee. Slowly straighten your knee until you feel a stretch in the hamstrings at the back of the thigh. Hold 10 seconds, and repeat on opposite leg. Repeat 3 - 5 times for each leg.



- 2) **Seated Hamstring:** In a sitting position, Slowly lean forward to stretch leg. This can be performed with knees together or in a V-Leg position. Keep back flat while performing stretch. Hold 10 seconds, and repeat 3 - 5 times for each leg.



- 3) **Standing Hamstring:** Place one foot on a secure table or object 6 - 12 inches tall. Slowly lean upper body forward, keeping leg straight and toes pointing up. Do not "hump" back and maintain curve in lower back. Hold 10 seconds, and repeat 3 - 5 times for each leg.



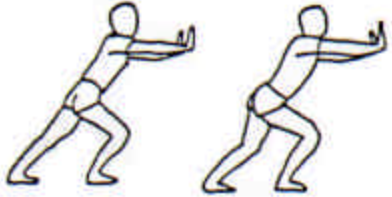
- 4) **Hip Flexor:** Lie on back on the edge of a bed or table, hugging both knees. Lower one leg straight out, allowing it to hang over the edge of the table. Continue to hug opposite leg. Hold this position for 10 seconds. Return to the starting position and repeat on opposite side. Repeat 3 - 5 times each leg.



- 5) **Piriformis (Figure 4):** Lie flat on back with both knees bend and feet flat on floor. Cross right ankle onto left knee. Grasp behind left knee and slowly pull towards your chest. Hold for 10 seconds and slowly lower to beginning position. Reverse position and repeat 3 - 5 times for each leg.



- 6) **Piriformis (Trunk Twister):** Sit on floor or table. Cross right leg over left thigh, placing right foot outside of the left knee. Place left elbow on outside of right knee. Gently stretch by pushing right elbow into left knee. Keep back straight while stretching. Hold for 10 seconds and repeat for opposite side. Repeat 3 - 5 times for each side.



- 7) **Calf Stretch:** Stand facing a wall, with one foot in front of the other. Lean forward with your hands on the wall. Bend the front leg while keeping both heels on the floor. You should feel a gentle stretch in the back of your lower legs. Hold 10 seconds, repeat with the other leg forward. Repeat 3 - 5 times for both legs.



- 8) **Standing IT Band Stretch:** Stand, approximately 2 - 3 feet from a wall, with the involved side facing the wall. Place one hand on the wall and cross uninvolved leg over involved leg and lean into the wall. Place hand on uninvolved hip for overpressure. Hold for 10 seconds, repeat 3 - 5 times.



- 9) **Table IT Band Stretch:** Lie on back near edge of table. Let leg stretch over edge of table so that there is a full stretch on outside of hip and side of leg. Bend leg being stretched to 90° angle at the hip and keep knee straight. Place arms out to the side to maintain balance. Hold for 30 seconds, repeat on other side. Repeat 3 - 5 times for each leg.



- 10) **Quad Stretch:** Stand with involved knee bent. Gently pull heel toward buttocks, feeling a stretch in the front of the leg. Keep upper body straight, do not lean forward. To increase the stretch, pull with enough pressure to cause the involved knee to pass behind the uninvolved knee. Hold for 10 seconds, repeat 3 - 5 times.