

Leg Stretches

Created by Steve Knighton



QUADRICEPS STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



QUADRICEPS STRETCH - SIDELYING

While lying on your side reach back and hold your top foot and bend your knee until a stretch is felt.

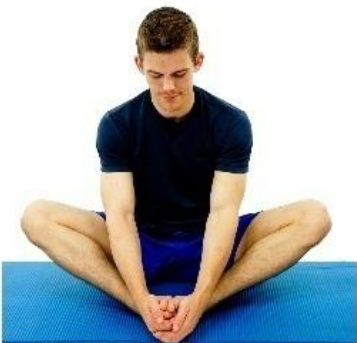
Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



HAMSTRING STRETCH - SITTING

While sitting with your leg stretched out, reach forward with your hands towards touching your toes.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



PIRIFORMIS STRETCH - LONG SIT

Sit with one knee straight and the other bent and placed over the opposite knee.

Then gently turn your body towards the bent knee side.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



HIP ADDUCTOR STRECH - STANDING

Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



HIP ADDUCTOR STRECH - STANDING

Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**



IT BAND STRETCH

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side.

Repeat **1 Time**
Hold **20 Seconds**
Complete **1 Set**
Perform **1 Time(s) a Day**