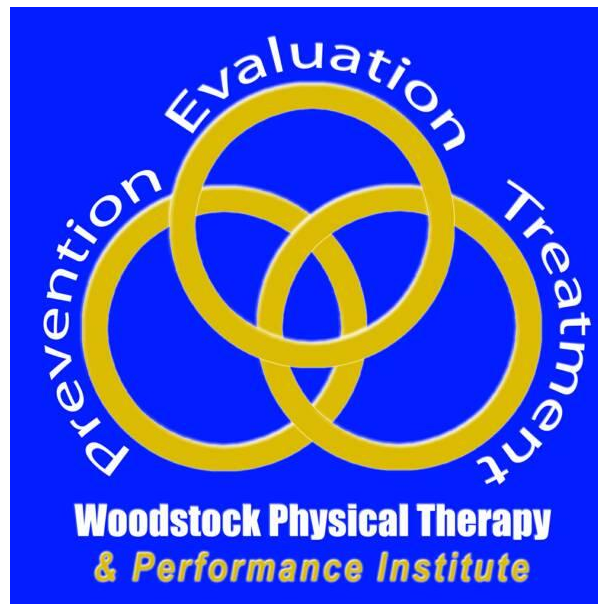


# Lower Extremity Stretching Program



# Lower Extremity Stretching

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

## Knee Drop in Stretch (hip internal rotation)

1.



## Ankle and Knee to Chest Stretch (hip abduction)

1.



# Lower Extremity Stretching

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

## Leg Crossover Body (hip horizontal adduction)

1.



## Knee Hug Stretch (hip abduction)

1.



# Lower Extremity Stretching

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

## Butterfly Stretch (hip abduction)

1.



## Back of Thigh Stretch with Table (hamstring)

1.



# Lower Extremity Stretching

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

## Back of Thigh Stretch with Band (hamstring)

1.



## Hip Flex or Stretch

1.



# Lower Extremity Stretching

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

## Front of Thigh Stretch (quad)

1.



## Front of Thigh Stretch (quad)

1.



# Lower Extremity Stretching

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

## Standing Calf Stretch (knee straight)

1.



## Standing Calf Stretch (knee bent)

1.



# Lower Extremity Stretching

## Hip to Wall Stretch (IT band)

Directions:

- Hold each stretch for 5 seconds
- Contract for 5 seconds
- Perform the stretch 3 times

1.

