

Leg Stretches

General Stretching Information- Stretches should be held for a minimum of 20 seconds, and repeated 4-5 times per session for each of the stretches. The stretch may feel uncomfortable but should not be painful. Initially these stretches should be done 3 X's a day.

Calf Stretches-



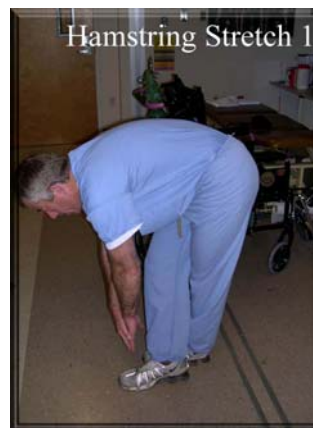
Stand facing a wall a little further than arms length from a wall. Place one foot in front of the other by a foot or two. Place both hands on the wall and lean into wall, keep the back foot heel on the ground (if you do not feel a stretch then move a little further away from the wall).

Repeat the stretch on the other leg.



Part 2- Stand facing a wall similar to the previous stretch. Bend the knee of the back leg while keeping your heel on the ground to

stretch the tendon of the calf muscles. Repeat the stretch on the other leg.



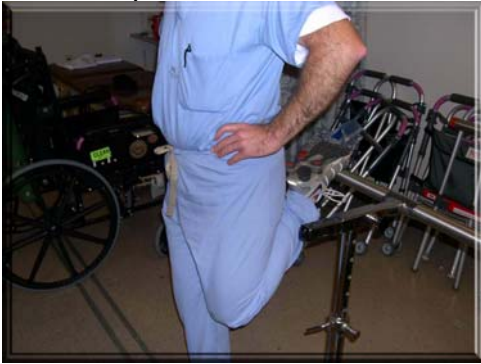
Hamstring Stretch 1- Cross one leg over the other and bend at the waist trying to touch your toes. Uncross your legs and cross them in the opposite direction. Repeat the stretch on the other leg.



Hamstring Stretch 2-Place your leg on a table or counter that is approximately waist high. Lean forward at your waist until you feel the stretch on the back of your leg. Each week you should see some progress in your flexibility (you should be able to get closer to your toes).

Leg Stretches

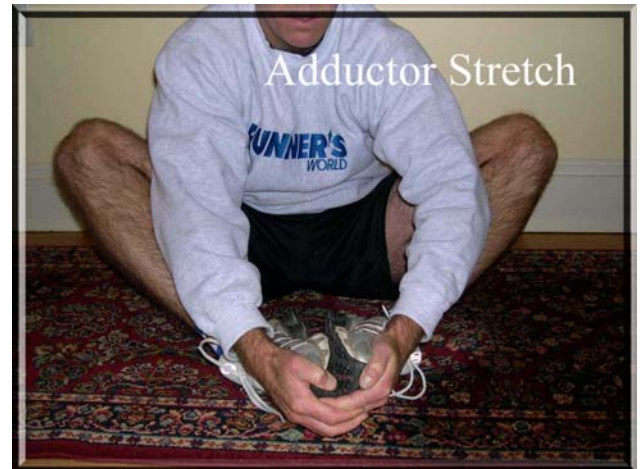
Quadriceps Stretch-



Place your foot on a waist high counter or railing behind you. Your foot will initially be 1-2 feet away from your buttock. Gently back up attempting to touch your heel to your backside. The first time you do this you may not be able to do this, however this should be your eventual goal. To achieve this goal may take a few weeks, but keep it up



Rectus Stretch- Kneel on a soft surface such as grass or carpet. Place one foot forward so that only one leg is kneeling. Grasp the ankle or foot of the leg on the ground and pull it gently up and lean forward. You should feel the stretch on the front of the leg that you're kneeling on



Adductor Stretch- Sit on a soft surface. Bring your heels together, grasp your feet and bring them closer to your body. Gently push down on your knees with your elbows. You should feel the stretch in your groin area.