

Physical Therapy Department

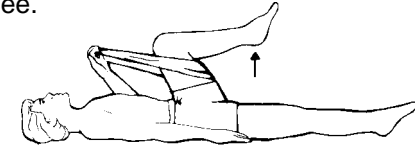
# Lower Extremity Flexibility Exercises for Low Back Patients



Stretching exercises should be done slowly with a sustained hold of 30 seconds.

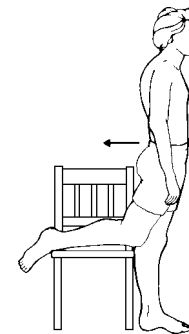
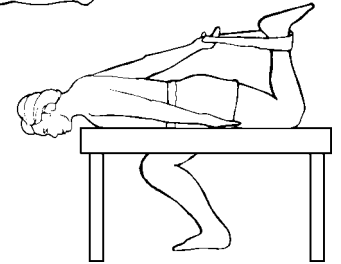
## HAMSTRINGS

1. Lie on your back with one leg out straight. Loop a towel around the other thigh and pull it up toward your chest. Hold this position as you attempt to straighten your knee.



## QUADRICEPS

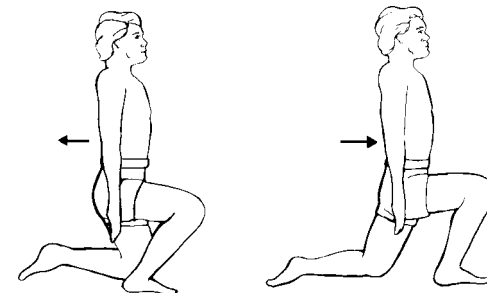
1. Lie on your stomach on the edge of a firm surface. Allow one leg to be over the edge so your hip and knee can bend and the foot is on the floor. Loop a towel around the ankle of the opposite leg and pull to bend the knee.



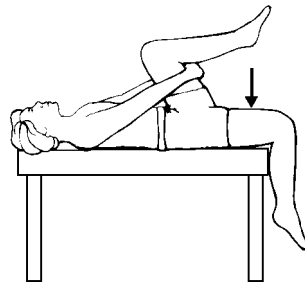
2. Stand with your back to a chair. Place lower leg on the seat of the chair. Do a pelvic tilt to feel a stretch on the front of your thigh.

## HIP FLEXORS

1. Kneel on one knee with the other foot flat on the floor. Do a pelvic tilt. For a greater stretch, lunge forward slightly without allowing any back movement.

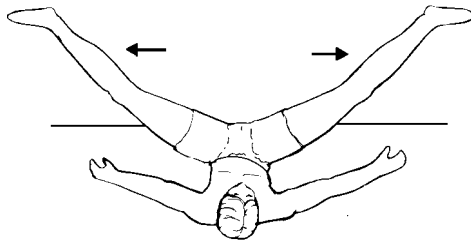


2. Lie on your back at the edge of a table or bed so that the edge is at the level of your knees. Hold one knee up toward your chest. Attempt to lower the other leg so that the thigh lies flat against the surface.

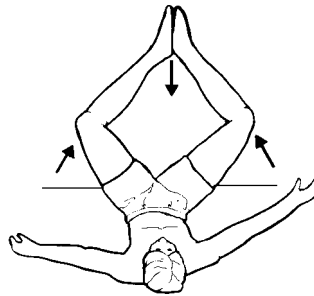


## HIP ADDUCTORS

1. Lie on your back on the floor with both legs up against the wall. Keep low back in contact with the floor. Slide legs apart.

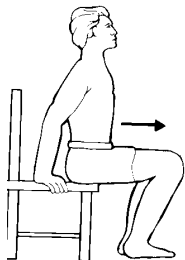
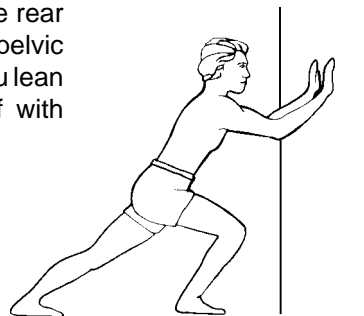


2. Lie on your back on the floor with both legs up against the wall. Place soles of feet together. Slide feet down wall as low as possible, then push knees toward the wall.



## GASTROC-SOLEUS

1. Stand facing a wall with one foot placed in front of the other. Be sure toes of the rear foot are turned in slightly. Maintain a pelvic tilt and keep heel flat to the floor as you lean toward the wall supporting yourself with your arms.



2. Sit on the edge of a chair. Keep heels flat on the floor as you use your arms to slide your body forward until a stretch is felt in the calf muscles.