



Lower Body Stretching *PROTOCOL*

BACKGROUND

- **Importance**
 - To maintain proper muscle length balance
 - Stretch muscles that are prone to shortening
 - Shortened muscles can cause limitations in range of motion and can alter the alignment of the joints, leading to injury
- **Recommendation**
 - Stretch after warm-up but focus on stretching after activity
 - For best results, hold stretches at least 60sec, but the longer and more often stretches are performed the better the results will be.
 - Ideally, stretches should be done every day. Be DISCIPLINED!

STRETCHING EXERCISES



Hamstring Stretching 1

Patient lies flat on their back with one leg through the door jam
 One leg is placed up against the wall
 Slowly move the body closer to the wall until a stretch is felt
 Continue to move closer as flexibility increases

Frequency: 1 set 3-5 min. 2-3 times a day.
Goal: *Increase hamstring flexibility*



Hamstring Stretching 2

Patient lies on flat on their back
 With a towel wrapped around the foot, slowly raise leg
 Continue until a stretch is felt and hold.
 Try to keep opposite leg flat on the ground.

Frequency: 3 sets of 60 secs. 2-3 times a day.
Goal: *Increase hamstring flexibility*



Active Hamstring Stretch

Patient lies flat on their back
 Grasp behind the back of the leg and flex to 90°
 Actively flex quads until a stretch is felt
 Hold 15 sec and repeat 10 times

Frequency: 3 sets 2-3 times a day.
Goal: *Increased hamstring flexibility*



Quadriceps Stretches

Pic 1: Kick back leg and slowly pull heel towards buttock
 Try to keep knees close to each other and abdominals contracted

Pic 2: Begin with foot rested on a chair/bench
 Slowly lower down until a stretch is felt

Frequency: 3 sets of 60 seconds 2-3 times a day.
Goal: *Increased quadriceps flexibility*



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STRETCHING EXERCISES



Hip Flexor Stretch

Begin in a lunge position with knee bent to 90 degrees
Contract abdominal muscles to maintain back posture
Slowly move the hips forwards until a hip stretch is felt
Raise arm to increase stretch. **Keep abs contacted!**

Frequency: 3 sets of 60sec 2-3 times per day

Goal: Increase hip flexor flexibility



IT band Stretch

Stand next to a rail or stable object and grasp with hand
Step with the leg closest to the rail in front of the other leg
Slowly push hips away from the rail until a stretch is felt
Keep body straight during this exercise
Widen the distance during leg cross to increase the stretch

Frequency: 3 sets of 60 sec. 2-3 times per day

Goal: Increase IT band flexibility



IT band Mobilization

Lay on a foam roller with top leg crossed over.
Keep body in a straight line, do not bend hips.
Roll from the hip to just above the knee.
Use the other leg and hand to offload pressure.
This exercise may cause some bruising to the thigh.

Frequency: 3 sets of 10 reps. 2-3 times per day

Goal: Increase IT band flexibility



Calf Stretch 1

Stand on a step with the ball of the foot on the edge.
Slowly lower heel towards the ground.
This stretch should be performed with the knee straight and slightly bent.

Frequency: 3 sets of 60 sec. 2-3 times per day

Goal: Increase calf flexibility



Calf Stretch 2

Stand with the ball of the foot against the wall
Slowly move body towards the wall until stretch is felt
This stretch should be performed with the knee straight and slightly bent.

Frequency: 3 sets of 60 sec. 2-3 times per day

Goal: Increase calf flexibility



Lower Body Stretching *PROTOCOL*

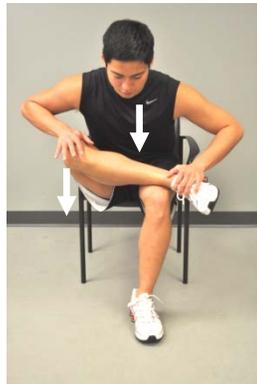
STRETCHING EXERCISES



Gluteal stretch

Patient sits upright in a chair
Cross one ankle over the opposite knee and grasp the knee
Pull the knee towards the opposite shoulder.
Continue until a stretch is felt.

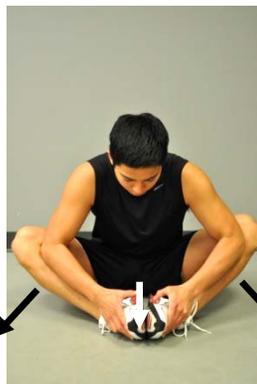
Frequency: 3 sets of 60 sec. 2-3 times per day
Goal: *Increase gluteal flexibility*



Piriformis Stretch

Patient sits upright in a chair
Cross ankle over the opposite knee.
Push knee towards the ground while slowly bringing chest forward
Try to keep back straight.

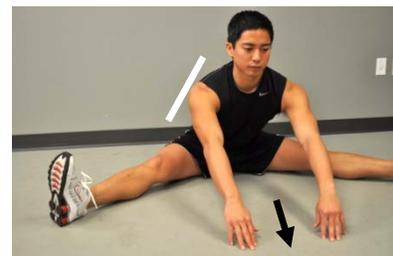
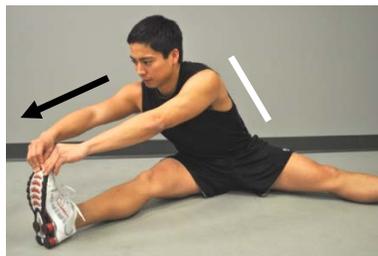
Frequency: 3 sets of 60 sec. 2-3 times per day
Goal: *Increase Piriformis flexibility*



Adductor stretch

Sit on the ground with bottom of the feet together.
Grasping feet, slowly press elbows into the legs and
Slowly bring chest forward until stretch is felt.

Frequency: 3 sets of 60 sec. 2-3 times per day
Goal: *Increase adductor flexibility*



Hamstring/adductor stretch

Sit with legs apart, keeping back straight; reach towards your foot and hold.
Alternatively, reach forward, while keeping your back straight.

Frequency: 3 sets of 60 sec. 2-3 times per day
Goal: *Increase hamstring and adductor flexibility*