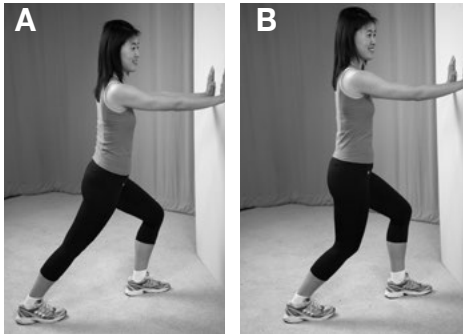


LOWER BODY STRETCHES

Your physical therapist recommends the following personalized exercise program for you. Please follow your therapist's instructions on how often to hold or repeat each exercise. If your symptoms feel worse with any exercise, stop doing the exercise until you check with your physical therapist or your doctor. **Equipment:** You may need a strap or belt and a chair.



Calf Stretch

(A) Place the leg you are stretching behind you. Keep your heel on the ground, knee straight and your toes pointed straight ahead. Lean forward until you feel a gentle stretch in your calf.

Hold _____ seconds. Frequency _____

Calf Stretch with Bent Knee

(B) Place the leg you are stretching behind you. Start slightly closer to the wall. Keep your heel on the ground. Bend your back knee until you feel the stretch in the lower part of your calf.

Hold _____ seconds. Frequency _____

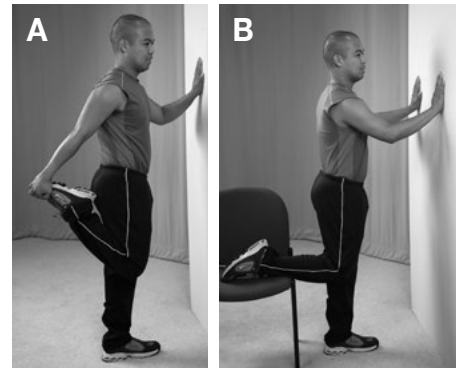
Quadriceps (Front of Thigh) Stretch Standing

(A) Bend your knee back and grab your ankle. Gently tighten your buttocks and feel the stretch on the front of the thigh. You may use a strap to reach your ankle if needed.

Quadriceps (Front of Thigh) Stretch Using a Chair

(B) Place your foot on a chair behind you. Gently tighten your buttocks and feel the stretch on the front of the thigh.

Hold _____ seconds. Frequency _____



Quadriceps Stretch Lying on Stomach

(A) Place a strap around the ankle of the leg you want to stretch. Tighten your buttocks. Bend your knee and gently pull on the strap until you feel a stretch on the front of your thigh.

Hold _____ seconds. Frequency _____



Quadriceps Stretch Lying On A Bed or Table

(B) Place the leg you are stretching on a bed or sturdy table. Place your other foot on the ground. Place the strap around your ankle. Tighten your buttocks. Gently pull on the strap until you feel a stretch on the front of your thigh.

Hold _____ seconds. Frequency _____

Hamstring (Back of Thigh) Stretch Standing

Place your foot on a chair in front of you. Slowly straighten your knee until you feel a stretch in the back of your thigh. Stick your buttocks out backwards to increase the stretch.

Hold _____ seconds. Frequency _____



LOWER BODY STRETCHES



Hamstring (Back of Thigh) Stretch Lying

(A) Lie on your back with your knees bent. Place a strap, a towel, or your hands behind the leg you want to stretch. Straighten your knee until you feel a stretch in the back of your thigh.

Hold _____ seconds. Frequency _____



Hamstring Stretch Lying – Bottom Leg Straight

(B) Lie on your back with one knee bent and one leg straight. Place a strap, a towel, or your hands around the leg you are stretching. Straighten your leg until you feel a stretch in the back of your thigh.

Hold _____ seconds. Frequency _____

Hip Flexor Stretch Kneeling

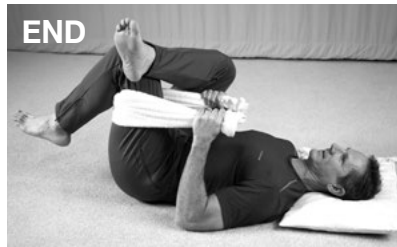
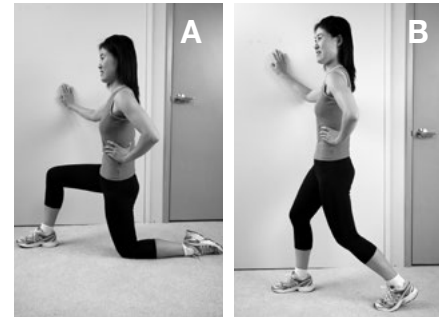
(A) Kneel on the leg you want to stretch. Tighten your buttocks and flatten your back. Shift your body forward keeping your back straight until you feel the stretch at the front of your hip.

Hold _____ seconds. Frequency _____

Hip Flexor Stretch Standing

(B) Stand with one foot in front of the other. Keep your toes pointed straight forward. Tighten your buttocks and flatten your back. Shift your body forward keeping your back straight until you feel the stretch at the front of your hip.

Hold _____ seconds. Frequency _____



Hip/Buttock Stretch

To stretch your hip, lie on your back with one foot crossed over the knee. Place both hands or a towel behind the leg.

Bring the leg towards your chest until you feel a stretch in your buttock.

Hold _____ seconds.

Frequency _____

Inner Thigh Stretch

Lie on your back with your knees bent. Move your knees out to the side until you feel a stretch in the inner part of your thighs.

Hold _____ seconds. Frequency _____



This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.