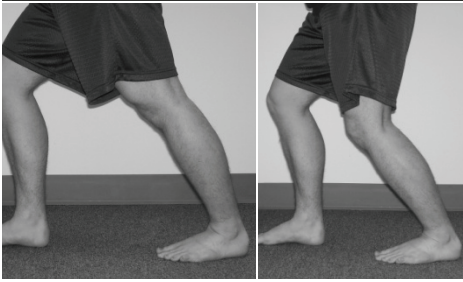


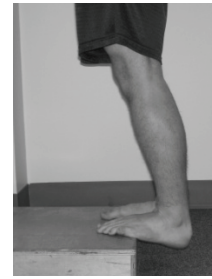
# Lower Body Flexibility

## CALF STRETCH



1. Position your body against a wall as shown with \_\_\_\_\_ foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. Hold 15-20 seconds
5. 5 repetitions, 2X day
6. Repeat with knee bent

## ACHILLES STRETCH



1. Place the front of your heel on a book or block, leaving your heels off the ground.
2. The book/block should be \_\_\_\_\_ inches tall.
3. Hold onto a solid object standing upright as shown so that you feel a stretch.
4. Hold 15-20 seconds
5. 5 repetitions, 2X day

## HURDLER STRETCH



1. Sit with your \_\_\_\_ leg straight, and the \_\_\_\_ leg comfortably bent.
2. Reach forward with your \_\_\_\_ hand to grip the sole of your foot. Press your \_\_\_\_ hand on to your knee to maintain knee extension.
3. Maintain spinal alignment
4. Hold 15-20 seconds
5. Repeat 5 times, 2X day

## LYING HAMSTRING STRETCH



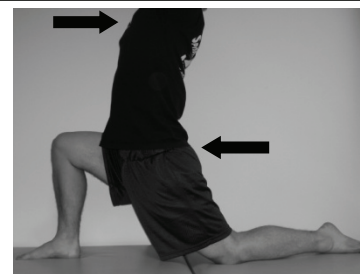
1. Lie on the floor, flex your hip to 90°. Grip your hands behind the knee and actively straighten the knee using your quadriceps muscles
2. Hold 15-20 seconds
3. Repeat 5 times, 2X day

## STANDING QUAD STRETCH



1. Stand side-on to a wall with your hands supporting your body weight.
2. Flex your \_\_\_\_\_ leg, and grip your ankle with your knee flexed. Touch knees together.
3. Pull your hip back into extension, while maintaining correct spinal alignment.
4. Hold 15-20 seconds
5. Repeat 5 times, 2X day

## HIP FLEXOR STRETCH



1. Begin half kneeling, and tighten your abdominal muscles to stabilize your trunk
2. Press your trailing leg forward, forcing your hip into extension
3. Hold 15-20 seconds
4. Repeat 5 times, 2X day

## BUTTERFLY STRETCH



1. Sit on floor, and place the soles of your feet together. Grip the feet and press down with your elbows.
2. Maintain spinal alignment, do not allow your pelvis to tilt backward.
3. Hold 15-20 seconds
4. Repeat 5 times, 2X day

## PIRIFORMIS STRETCH



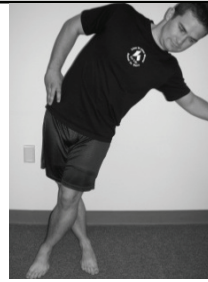
1. Lie on back holding \_\_\_ knee and ankle as shown
2. Hold knee stable as you pull ankle toward your chest so that you feel a stretch.
3. Hold 15-20 seconds
4. 5 times, 2X day

## ADDUCTOR STRETCH



1. Stand with feet slightly wider than shoulder width
2. Slowly move away from \_\_\_ leg and bend other knee to 90°. Lean into stretch
3. Hold 15-20 seconds
4. 5 times, 2X day

## STANDING IT BAND STRETCH



1. Stand with \_\_\_ side facing wall.
2. Cross the \_\_\_ leg behind the other leg and toward the wall.
3. Bend the forward knee slightly and lean your trunk toward the wall until you feel a stretch on the outside of the hip.
4. Hold 15-20 seconds
5. 5 times, 2X day

## LYING IT BAND STRETCH



1. Lie on \_\_\_ side, with upper leg behind lower leg as shown.
2. Allow the upper leg to sag downward toward floor.
3. Do on floor for mild stretch, or over edge of bench as shown for greater stretch.
4. Hold 15-20 seconds
5. 5 times, 2X day

## CRYOTHERAPY

\_\_\_ MINS \_\_\_ X per day

Ice Cup

Ice Bag

Moist Heat \_\_\_\_\_

STAFF \_\_\_\_\_

PHONE \_\_\_\_\_