

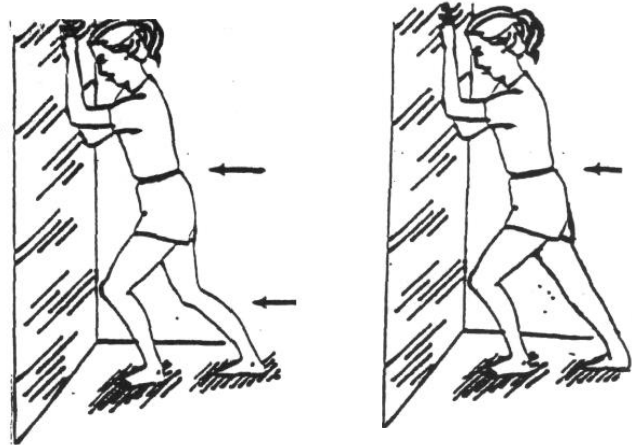
## LOWER EXTREMITY STRETCHING

### CALF STRETCH - STANDING

- Facing a wall, put your hands against the wall about eye level.
- Place one leg behind you (keeping your knee straight or bent, depending upon how your therapist instructs you).
- Keeping your back heel on the floor, slowly lean into the wall until you feel a mild to moderate stretch.

HOLD FOR \_\_\_\_\_ SECONDS.

PERFORM \_\_\_\_\_ TIMES PER DAY.

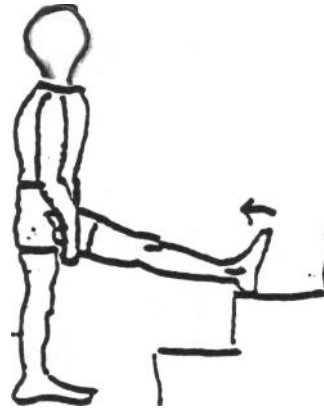


### HAMSTRING STRETCH - STANDING

- Stand at the bottom of a staircase.
- Obtain pelvic bracing position
- Place one foot up onto the 1<sup>st</sup> step, keeping your knee straight.
- While maintaining a neutral spine (keeping your back straight), bend forward at the hips until you feel a mild to moderate stretch.

HOLD FOR \_\_\_\_\_ SECONDS.

PERFORM \_\_\_\_\_ TIMES PER DAY.



### QUAD STRETCH – STANDING

- Obtain pelvic bracing position.
- Bend one leg behind you and grab it with your hand on the same side.
- Pull up with your hand until you feel a gentle stretch in the front of your thigh.

PERFORM \_\_\_\_\_ SETS OF \_\_\_\_\_ REPS.

DO THESE \_\_\_\_\_ TIME(S) PER \_\_\_\_\_.

