

Lower Extremity Stretches



Start: Seated pull knee toward opposite shoulder.



Finish: Hold knee in place and pull ankle across body.



Seated extend one leg out. Bend at the torso to gradually stretch the hamstring of the extended leg.



Standing, place one foot in front of you with knee straight and heel on floor. Stretch should be felt in back of calf.



Seated, flex one leg off to the side of your chair. Grab the top of your foot. Gradually pull upward to stretch thigh muscles.



Standing use one hand to balance yourself against a wall. Bend a knee and hold top of foot, gradually pulling upward to stretch the thigh muscles.



Standing, place one leg in front of you and lower your body by bending your back leg. Stretch should be felt in calf of your rear leg.

Each stretch should be performed slowly and gradually to your tolerance, and held for 5 to 10 seconds.