

# Home Stretching Program



## **Multi-Planar Hamstring Stretch**

I. Sit with back straight and one leg extended on a table or other support. Be sure to keep knee straight/flat against the table and toes pointing up. Slowly lean forward from the hip (not lower back) until a stretch is felt in the hamstrings. Hold for 20 seconds.

II. Now, rotate your torso and reach with arms to the outside of your extended leg. Hold for 20 seconds.

III. Repeat; rotating your torso and arms to the inside of your extended leg. Hold for 20 seconds. Switch legs and repeat in all planes.

\_\_\_ Sets \_\_\_ Reps

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## **Quadricep Stretch**

Stand straight up and place one foot back on a table or other support. Stand on opposite leg and touch wall if needed for balance. Slightly bend your standing leg; slowly pushing your propped ankle toward your buttocks. Make sure your thigh and knee do not flare outward to the side. Hold for 20 seconds. Switch legs and repeat.

\_\_\_ Sets \_\_\_ Reps

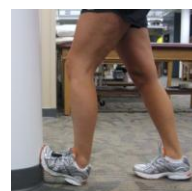
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## **Piriformis Stretch**

Lay on your back and cross your legs as if you might while sitting in a chair. For this picture, cross left ankle and place on right knee. Grab under the right knee with both hands, pulling knee to chest until you feel a stretch in your hips and buttocks. Hold for 20 seconds. Switch legs and repeat.

\_\_\_ Sets \_\_\_ Reps



## **Plantar Fascia Wall Stretch**

Place left toes against a wall leaving heel on the floor. Bend your left knee as you lean your body forward; allowing the toes to bend. You should feel a stretch in the bottom of your foot. Hold for 20 seconds. Switch feet and repeat.

\_\_\_ Sets \_\_\_ Reps



### Seated Figure Four IT Band Stretch

With your back straight and tall, sit on the outer edge of a chair. Cross the ankle of the injured leg on top of the opposite knee. Gently push down on the top knee OR lean forward slightly at the waist to begin the stretch. Hold for 20 seconds. Switch legs and repeat.

\_\_\_ Sets \_\_\_ Reps



### Standing IT Band Stretch

Stand about 2-3 feet from a wall, with the involved side facing the wall. Put one hand on the wall and cross uninjured leg in front of involved leg. Place hand on uninjured hip and lean into the wall. Hold for 20 seconds. Then, rotate hip backward slightly and hold. Rotate hip forward slightly and hold. Switch legs and repeat in all planes.

\_\_\_ Sets \_\_\_ Reps



**Gastroc I**



**Gastroc II**



**Soleus**

### Gastroc and Soleus Stretch

**Gastroc I** – Lean against a wall and stand with one foot in front of the other (put the leg you want to stretch back). For **gastroc**, keep feet facing forward, **back knee straight**, and back heel pressed to floor. While pressing your back heel into floor, lean into the wall until you feel a stretch in your calf. Hold for 20 seconds. Switch legs and repeat.

**Gastroc II** – Perform the stretch in the same manner as Level I, but add a wedge to increase the stretch. Hold for 20 seconds. Switch legs and repeat.

**Soleus** – Perform the stretch in the same manner as Level I, but **bend your back knee** as you press your heel into the floor. Lean into wall until you feel a stretch in your lower calf. Hold for 20 seconds. Switch legs and repeat.

\_\_\_ Sets \_\_\_ Reps