

LE STRETCHING HOME EXERCISE PROGRAM

Supine Hamstring Stretch with Strap

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.

Movement

Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.

Tip

You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.

Supine ITB Stretch with Strap

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

Movement

Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

Tip

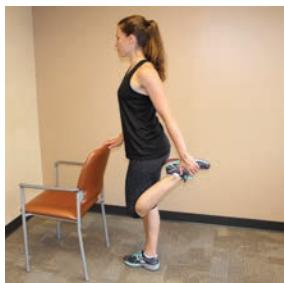
Make sure to keep your shoulders and hips on the ground during the stretch.

Standing Quadriceps Stretch with Chair Support

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Standing Hip Flexor Stretch on Chair

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing position with one leg bent and resting on a stable chair behind your body.

Movement

Gently shift your weight forward at your hips. You should feel a stretch in the front of the hip of your bent leg.

Tip

Make sure that the chair is stationary for safety. Try not to arch your back during this exercise.

Gastroc Stretch on Wall

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Soleus Stretch on Wall

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

Standing ITB Stretch

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

Setup

Begin in a standing upright position with one leg crossed over the other.

Movement

Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

Tip

Make sure to avoid twisting or rotating your body during the exercise.