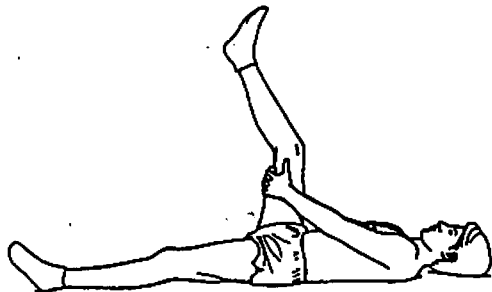


# Hip / Knee Stretching

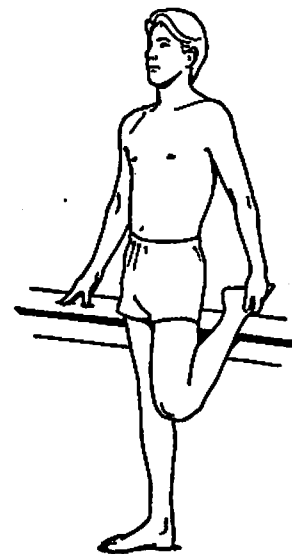
## HIP and KNEE - 38 Stretching Supine Hamstring Stretch



Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

## HIP and KNEE - 37 Stretching Quadriceps Stretch

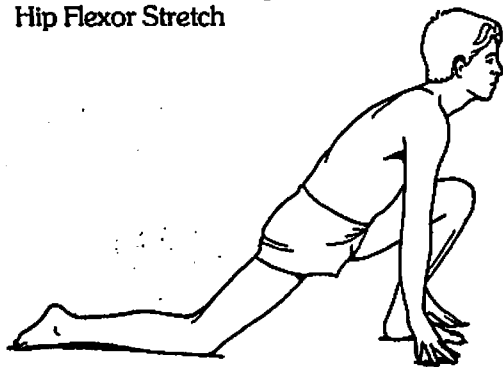


Pull heel toward buttock until a stretch is felt in front of thigh.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

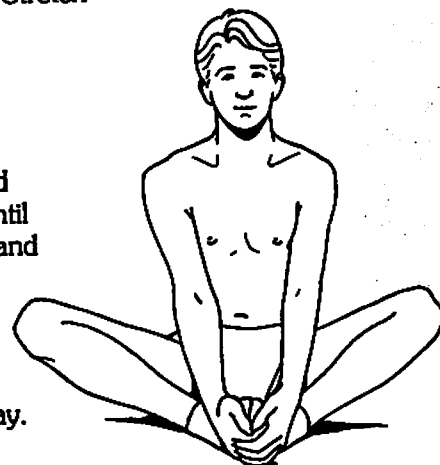
## HIP and KNEE - 34 Stretching Hip Flexor Stretch



Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

## HIP and KNEE - 32 Stretching Inner Thigh/Groin Stretch

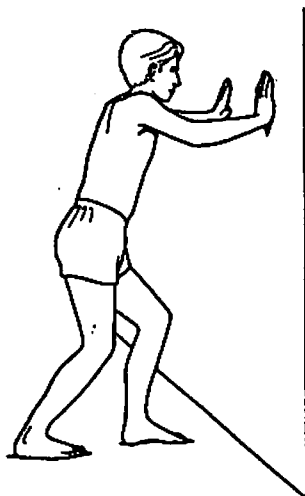


Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

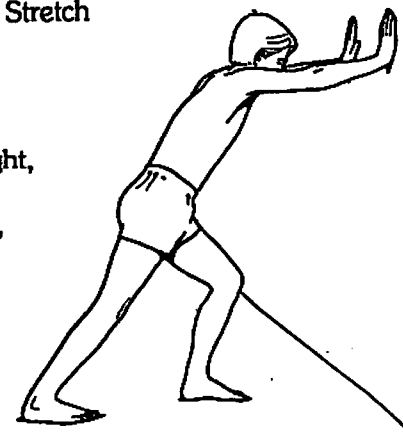
## HIP and KNEE - 42 Stretching: Soleus Stretch



Keeping back leg slightly bent, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.  
Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

## HIP and KNEE - 41 Stretching: Gastroc Stretch



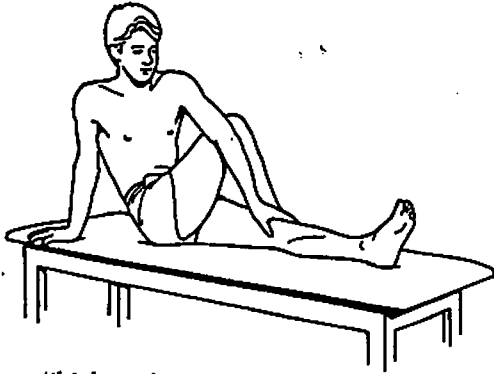
Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold \_\_\_\_\_ seconds.  
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

# Hip / Knee Stretching

## HIP and KNEE - 35 Stretching: Piriformis Stretch



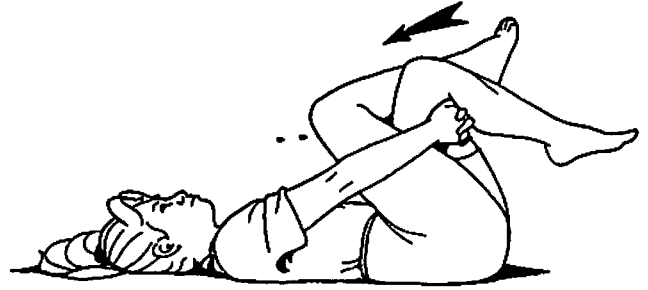
Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

## HIP and KNEE - 48 Supine Piriformis Stretch



Cross legs with involved leg on top. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock/hip area.

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ Repetitions/set.

Do \_\_\_\_\_ Sets/session. Do \_\_\_\_\_ Sessions/day.

Copyright VHI 1992

## HIP and KNEE - 36 Stretching: Tensor Stretch

Cross LEFT RIGHT leg over the other, then lean to the \_\_\_\_\_ until a stretch is felt over outside of hip.

Hold \_\_\_\_\_ seconds.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

Copyright VHI 1990

