DELAWARE ORTHOPAEDIC SPECIALISTS

Hip and Knee Stretches

You will feel discomfort (minimal pain) when doing these exercises. Only pull your leg to the point that you start to feel a stretch/pulling sensation. DO NOT attempt to see how far back your leg can go. These stretches should be performed at least twice a day, once in the morning when you wake up and once at night.

Hamstring stretch

Lying flat on your back use a band (ie dog leash, belt) to wrap around your foot to assist to pull your leg up. You should keep your buttocks on the floor and your knee straight as possible. Only pull as far as to the point where you start to feel a stretch behind the back of your leg. DO NOT force your leg back. Hold for 15-20 seconds and perform 3 times.



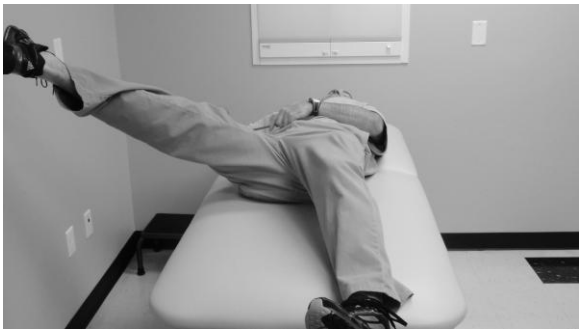
Hamstring Stretch Standing*

Standing with your legs straight, end forward to touch your toes unt ou feel a stretch in the back of your high/knee. Try to keep your knees traight when performing. Hold for 5-20 seconds and repeat 3 times.



Medial Hamstring stretch

Lying flat on your back use a band (ie dog leash, belt) to wrap around your foot to assist to pull your leg out to the side of your body. You should keep your buttocks on the floor and your knee straight as possible. Bring your leg up and out towards the side away from your body. Only pull until you feel a stretch in the back/inner portion of your leg. Hold for 15-20 seconds and perform 3 times



DELAWARE ORTHOPAEDIC SPECIALISTS

IT band stretch (crossover stretch)

Lying flat on your back use a band (ie dog leash, belt) to wrap around your foot to assist to pull your leg up and across the body turning your foot so that your toes are toward the floor. You should keep your buttocks on the floor and your knee straight as possible. Only pull until you start to feel a stretch along the outer side of the leg. Hold for 15-20 seconds and perform 3 times



Standing IT Band Stretch

Standing with the stretching leg crossed behind the other, lean into the wall, propping yourself for support. Note that the leg that is in the back is the stretching leg and leaning into the wall occurs more at the hip. You should feel a stretch along the side of the thigh and knee, you may even feel a stretch into the hip. Hold for 15-20 seconds and perform 3 times.



DELAWARE ORTHOPAEDIC SPECIALISTS

Sitting Piriformis stretch

Sitting on a chair with your leg in a figure 4 position, lean forward with your back straight towards your knee that is in the crossover position. Leg crossed over is the leg stretching. Only lean forward to the point that you feel a stretch in the hip/buttock region. Hold for 15-20 seconds and perform 3 times



Piriformis Stretch Standing

Standing up against a table place the stretching leg bent on the table in a figure 4 type position (as seen in picture). Lean forward as need to stretch the muscle in the hip/buttock region. Hold for 15-20 seconds and perform 3 times.







DELAWARE ORTHOPAEDIC SPECIALISTS

Quad and Hip Flexor stretch

Lying on your belly, prop up your leg up so that you will be stretching at the knee around 6" (foam roller works great.) off the table. Using a band, pull your foot to your buttocks. Only pull until you feel a stretch in the front of your leg. Hold for 15-20 seconds and perform 3 times.

* if too uncomfortable with something propped under leg, ok to just have leg on the table



Kneeling Hip Flexor Stretch

Kneel on the ground with one knee bent in front (foot planted to ground). The stretching leg is the one with the knee on the ground. Make sure to stay upright at the and lean forward at the hip. Hold for 15-20 seconds and repeat 3 times. Switch and perform on the other side as well. (next page images)

*Progression includes lifting the same side arm overhead with a slight lean to the opposite side.





****progression is shown, keep arms at side for initial stretching****