

Name: _____ Date: _____

1. Please understand that Rehabilitative Stretching is different than standard stretching before exercise.
2. To establish length it is important to stretch multiple times throughout the day
3. Hold stretches for a count of six _____ repetitions and do this _____ times per day.
4. Perform all circled stretches. If at any time significant pain results, stop immediately and report to your doctor
5. It is important not to bounce while stretching and do not produce pain. Remember to breathe.

Single Leg Knee

Double-Leg Knee Chest



Single Leg Knee Chest: Start by laying on your back and bring one knee toward your chest; grab and hold. Do this for both legs.

Double-Leg Knee Chest: Bring both knees toward your chest. At first leave your head on the floor, then as this becomes easier raise your chin to your knees. *If you have knee problems, perform the stretches by grasping your thighs instead of your knees.

Piriformis Stretches



Seated Piriformis Stretch: Cross one leg over the other while seated in a chair. With both arms hug your leg and bring it as close to your chest. Feel a stretch in the buttock.

Laying Piriformis stretch: Lay on your back and cross one leg across the other. Grab the thigh of the uncrossed leg and pull up to the chest.

Catback Stretch



Old Horse Stretch



Catback Stretch: Place yourself on your hands and knees and lowly round the back while tightening the abdominal and buttock muscles. Arch up like a “cat”

Old Horse Stretch: Relax the abdominal muscles and allow the lower back to sag like an “old horse.”

Passive Spinal Extension



Passive Spinal Extension



Passive Spinal Extension: While lying on your stomach, prop yourself up on your elbows while allowing your low back and pelvis to sag.

Passive Spinal Extension: For further extension, place your hands in push-up position and straighten your elbows allowing your pelvis to sag.

TFL Stretches



Standing TFL Stretch: Cross one leg behind your other leg. Push your hip out while bending sideways at the waist.
TFL Stretch: Repeat. While leaning on a chair.

Quad Stretches



Standing Quad Stretch: Flex your knee to your buttock while holding your foot with your hand. Make sure you pull your foot up the middle of your body to relieve pressure on your knee.
Lying Quad Stretch: Lie on your stomach and bring your heel to your buttock with your hand.

Hamstring Stretches



Wall Aided Hamstring Stretch



Seated hamstring Stretch: Use a chair to stretch your hamstrings by reaching with your hand to your opposite foot; pulling toe towards body.
Wall Aided Hamstring Stretch: Lie down on your back next to a doorway. Slowly lift your leg and place it on the wall with your other leg through the doorway. *You can use a towel to further stretch by placing it on your foot and pulling until your muscle feels tight.

One Leg Adductor Stretch



Two Leg Adductor Stretch



Adductor Stretch: While seated on the floor, place one leg fully extended and one leg bent with your foot touching your inner leg. Lean forward as shown in picture

Adductor Stretch: Sit on the floor and place your legs as far apart as possible, then lean forward trying to touch both of your feet.

Hip Flexor Stretches



Table Hip Flexor Stretch: Place one leg straight back on a table with your other foot on the floor. Use your arms to extend your back and look towards the ceiling.

Hip Flexor Stretch: Place one foot forward onto the chair. Extend your back and move your pelvis forward, and look toward the ceiling.