

# STRETCHING EXERCISES



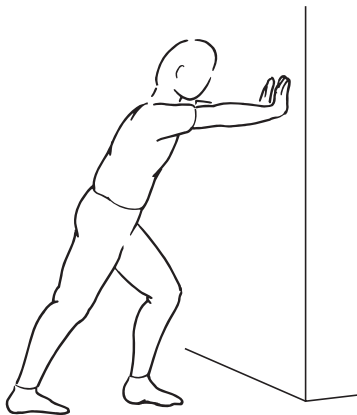
American College of  
Foot and Ankle Surgeons



## **Kneeling Stretch**

Starting on your hands and knees, put the bottoms of your toes flat on the floor and sit back on your toes as much as you can. Then point your toes backward and sit back again.

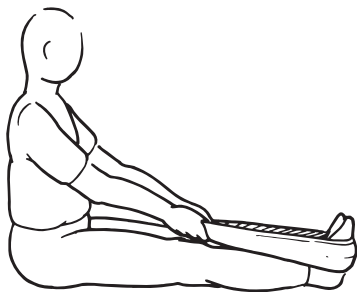
Hold \_\_\_ seconds. Repeat \_\_\_ times per day.



## **Standing Calf Stretch**

Place your hands on the wall. Putting your weight on one leg, extend the other leg behind your body, keeping both heels on the floor. Lean forward, bending the front leg, until you feel a gentle stretch in the calf of the rear leg. Reverse legs and repeat.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.

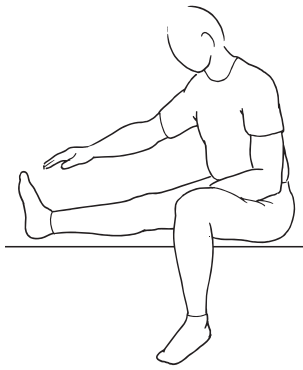


## **Seated Calf Stretch (towel stretch)**

Sit on the bed with both legs stretched straight in front of you. Fold a towel lengthwise and position it across the ball of one foot. Keeping your knee straight, pull the ends of the towel to pull your toes toward you until you feel a stretch in your calf. Reverse legs and repeat.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.

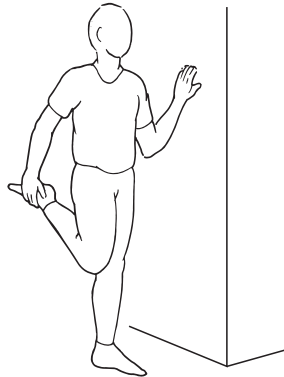




### **Seated Hamstring Stretch**

Sit with one leg straight on the bed and the foot of the other leg on the floor. Slowly lean forward to stretch the leg, keeping your back flat while leaning forward. Alternatively, sit on a chair with one leg extended and your heel on the floor or a footstool. Lean forward with your back flat. Reverse legs and repeat.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.



### **Quad/Hip Flexor Stretch**

Stand or lie down with your right leg bent. Holding the right foot with your right hand, gently pull the heel towards your buttocks until you feel a stretch in the front of the leg. Keep your upper body straight; do not lean forward. To increase the stretch, pull with enough pressure so that the right knee passes behind the left knee. Reverse legs and repeat.

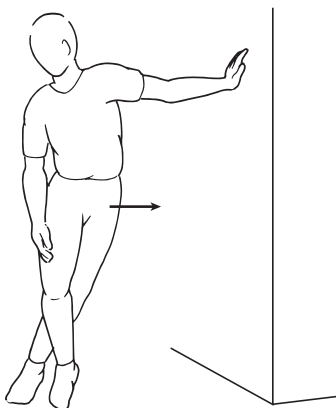
Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.



### **Adductor Stretch**

Sit on the floor with your back against a wall, keeping your back straight. Put the soles of your feet together and your hands on your knees. Push your knees down towards the floor until you feel a stretch in your inner thigh.

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

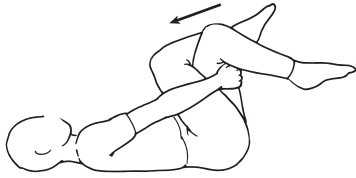


### **IT Band Stretch**

Stand with your left side 2-3 feet from a wall. Place your left hand on the wall and cross your right leg across your left leg. Lean into the wall until you feel a gentle stretch in your left leg. Turn around and reverse arms and legs to stretch right leg.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.





### **Piriformis Stretch**

Lie flat on your back with knees bent. Cross the right knee over the left thigh. Stabilize the left thigh with your arms. Gently pull the right knee toward your chest until a comfortable stretch is felt in the buttock/hip area. Reverse legs and repeat.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.



### **Piriformis (trunk twister) Stretch**

Sitting on the floor, cross your left leg over the right thigh. The left foot should be on floor outside of the right knee. Place your right elbow on the outside of the left knee. Gently stretch by pushing the elbow into the knee, keeping your back straight. Reverse legs and repeat.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.



### **Hip Capsule Stretch**

While seated on a chair, put your left ankle over the right knee. Keep the ankle in place as you let the left knee fall downward until you feel a stretch in the hip. To increase the stretch, push down gently on the left knee. Reverse legs and repeat.

Hold \_\_\_ seconds. Repeat \_\_\_ times for each leg, \_\_\_ times per day.

