

HAMSTRING & QUADRICEPS STRETCHING

Purpose - is to increase the flexibility of the hamstrings and quadriceps

Chiropractic Rehabilitation Centers™ Alward Lemire

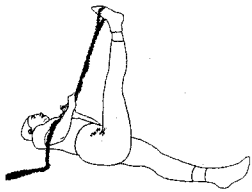


Fig. A. (Hamstring Stretch - Strap)

1 - Loop the end of the strap around the ball of the forefoot, flex the foot and extend the knee as seen in Fig. A.

2 - Grasp the strap with the left hand and pull back gently.

3 - Push the leg against the strap with 5-10% effort for 10 secs., inhale, then relax from pushing on the strap and pull the leg toward you until you feel a stretch in the hamstrings.

Right Left Both (hold _____secs. X _____ per day)

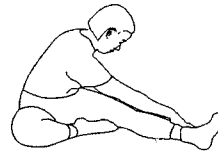


Fig. B. (Hamstring Sitting & Reach)

1 - Slowly bend forward from the hips and reach to the outside of the left leg with the right arm.

2 - The stretch should be felt in the right mid to low back region and left hamstring.

Right Left Both (hold _____secs. X _____ per day)

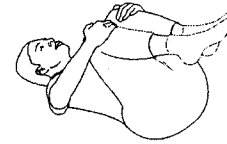


Fig. C. (Double Knee to Chest Stretch)

1 - Pull both knees into the chest until a comfortable stretch is felt in lower back.

2 - Keep the back relaxed. (hold _____secs. X _____ per day)

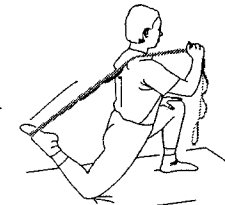


Fig. D. (Thigh and Hip Flexor Stretch)

1 - Loop the end of the strap around the forefoot, flex the foot and extend the knee as seen in Fig D. Stretch should be felt in the thigh lower abdominal region.

Right Left Both (hold _____secs. X _____ per day)

THIGH AND CALF STRETCHES

Purpose: Increase the flexibility of the thigh and calf muscles.



Fig. E. ABDUCTOR (THIGH) STRETCH:

(Stretches the outside of thigh)

1- Stand about a foot away from the wall with your feet together and lean against the wall with your arm flexed at the elbow (your hip should not be touching the wall).

2- Gently push your hip toward the wall with your hand while simultaneously leaning toward the wall at the waist

(Repetitions: Right Left Both Hold for _____secs. & _____ X _____ per day).



Fig. F. ABDUCTOR (THIGH) STRETCH (Alternate technique Stretches the outside of thigh)

1- Stand with one leg crossed over the other at the foot.

2- Gently push your hip (hip crossed over front of other hip) toward the opposite hip with your hand while simultaneously leaning at the waist TOWARD'S the hand on hip

(Repetitions: Right Left Both Hold for _____secs. & _____ X _____ per day).



Fig. G. ADDUCTOR (THIGH) STRETCH:

(Stretches the inside of thigh)

1- Stand with feet about two feet apart.

2- Put your hand on the hip of the thigh to be stretched and gently push toward the opposite hip while simultaneously leaning at the waist towards the thigh being stretched

(Repetitions: Right Left Both Hold for _____secs. & _____ X _____ per day).

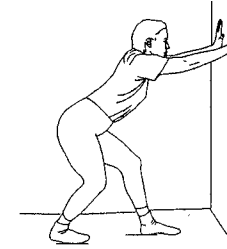


Fig. H. GASTROCNEMIUS (CALF) STRETCH

1- Stand with one leg straight behind the other leg flexed at the knee while leaning forward with your hands supporting your body weight on the wall as shown in fig. H.

Make sure to keep the heel of the straight leg flat on the ground for a good calf stretch.

(Reps: left calf, right calf, both Hold for _____secs. & _____ X _____ per day).

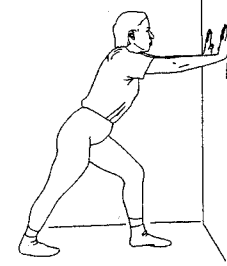


Fig. I. SOLEUS (CALF) STRETCH

1- Stand with both legs flexed at the knee's (one leg in front of the other) lean forward with your hands supporting your body weight on the wall as shown in fig. I.

2- Stand with legs far enough apart so that when you gently flex your back leg at the knee, a good stretch is felt in that calf. Do not extend the knee on the front leg beyond the foot.

(Reps: left calf, right calf, both Hold _____secs. & _____ X _____ per day).