



HIP and KNEE - 48 Supine Piriformis Stretch



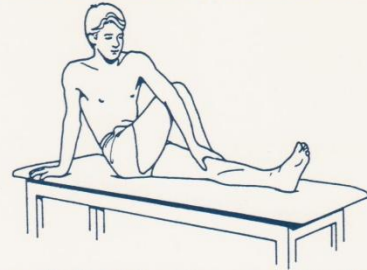
Cross legs with involved leg on top. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock/hip area.

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

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

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HIP and KNEE - 35 Stretching: Piriformis Stretch



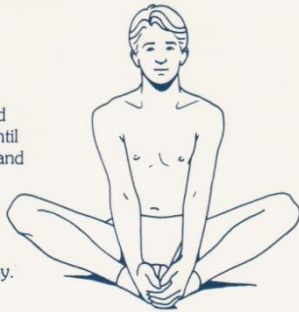
Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

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

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

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HIP and KNEE - 32 Stretching Inner Thigh/Groin Stretch



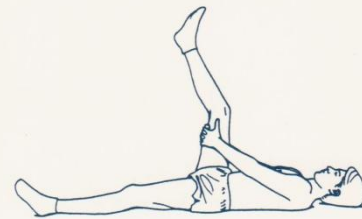
Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.

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

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

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

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.

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HIP and KNEE - 34 Stretching Hip Flexor Stretch



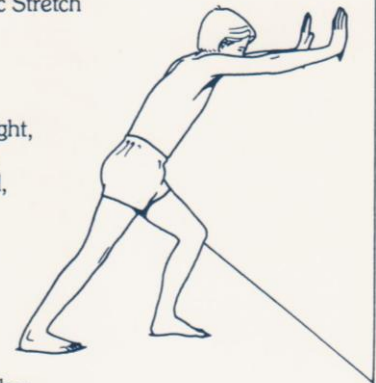
Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.

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

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

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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.

HIP and KNEE - 36 Stretching: Tensor Stretch



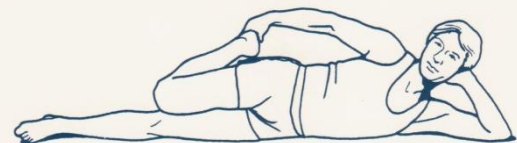
Cross LEFT RIGHT leg over the other, then lean to the \_\_\_\_\_ until a stretch is felt over outside of hip.

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

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

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

BACK - 32 Quadriceps Stretch



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

Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times on each side.

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

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