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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.

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.

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.

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 - 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.

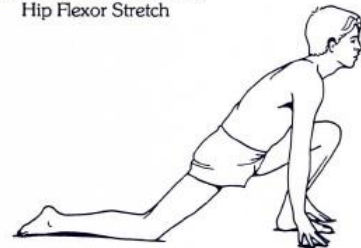
HIP and KNEE - 36  
 Stretching: Tensor Stretch

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.



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.

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.

