



Nose Creek

Sport Physical Therapy

Get moving.....faster!

KNEE STRETCHES

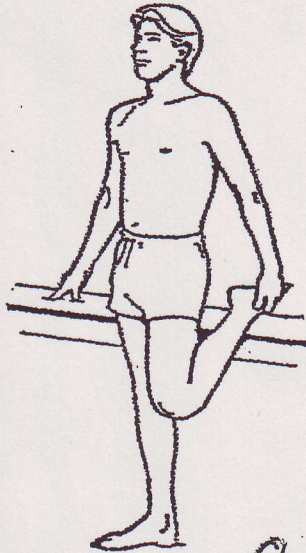
Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.



Groin

Thigh Adductors

Sitting straight or with back against wall, gently relax knees to floor until stretch is felt.

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

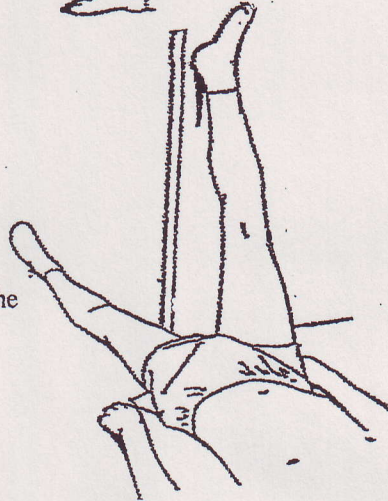


Hamstring Wall Stretch

Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks towards wall until a stretch is felt in back of thigh. Pull your foot up towards your head, hold 3 seconds, then point the foot up the Wall and hold for 3 seconds.

Repeat 30 times.

Do ___ sessions per day.



Hamstrings

With foot on chair or stool, lean forward until stretch is felt. Place foot on higher plane for more stretch

1. Bend knee & lunge (bend trunk to thigh

2. Push knee down & Buttock away

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.



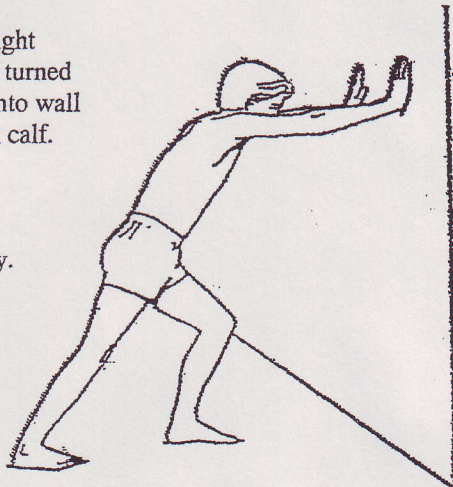
Gastroc Stretch

Keeping back leg straight with heel on floor and turned slightly inward, lean into wall until a stretch is felt in calf.

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.



Soleus Stretch

Keeping back leg slightly bent, with heel on floor and turned slightly inward, lean into wall until a stretch is felt in calf.

Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

