Southland
SPORT MEDICINE

## STRETCHING PROGRAM FOR LEGS

Perform this routine every day.
Start with a brief warm up (5-10 minute bike) or do after exercise.
Move into position with smooth motion and do not jerk or bounce.
Stretch both legs, even if only one knee is sore.
Hold each stretch for 30 seconds, then alternate legs.
Repeat 3 times on each leg.

QUADS

Either standing or lying, bend your knee and grasp your foot.
Pull your heel close to your buttock. Keep both knees together.
You should feel a stretch in the middle of your thigh.

If you cannot reach your foot, wrap a towel around to help pull it in.
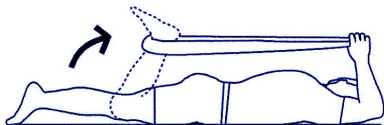
HAMSTRINGS

Either standing or sitting extend one leg in front of you with toes pointing up.
Lean forward towards the leg with your chin up and a *flat back.*
You should feel a stretch behind your knee.

Alternatively, lie on your back and pull your leg towards you.
Keep your knee straight and foot flat.
Use a towel to assist as needed.

HIPS

Lying on your back, cross one ankle over the other thigh.
Grasp the same thigh and pull towards you.
You should feel a stretch over the hip and buttock of the bent leg.

Alternatively, stand in front of a table or counter and lift your bent leg across it. Lean towards the knee.

Rolling ITB (iliotibial band)

Place a foam roller on the ground. Lie sideways with the roller under your upper outer thigh and your elbow on the ground.
Use your free leg to propel yourself, moving up and down along the roller.
This will be uncomfortable at first but eventually as the band loosens it will improve.

Alternatively, use a rolling pin and rub up and down along the same area on your outer thigh.

CALVES

Stand facing a wall in a lunge position with both feet pointing directly forward.
Keep both heels on the floor and lean forward.

Do first with a straight back leg and then a bent back leg.

You should feel a stretch at the back of the leg.

Created by Dr. Stephanie Mullin
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