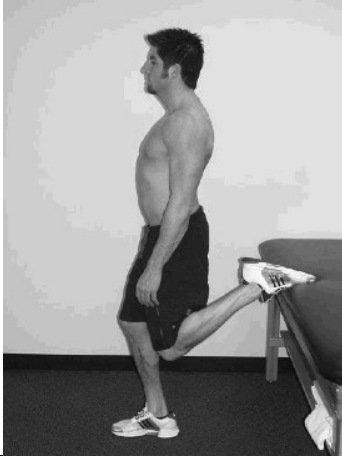




Flexibility Stretches



Standing Quad Stretch

- Place foot up onto table or chair.
- Slightly bend stance leg and lean back until a stretch is felt in the front of the thigh.

Hold ___ secs. Repeat ___ times. ___ times per day



Hamstring Stretch

- Wrap a towel or belt around your foot.
- Keeping knee straight, bring leg up until a stretch is felt behind the thigh or knee.

Hold ___ secs. Repeat ___ times. ___ times per day



Piriformis Stretch

- Bring knee into the midline of the body.
- Pull knee toward chest while pulling foot toward the opposite shoulder until a stretch is felt in the buttock.

Hold ___ secs. Repeat ___ times. ___ times per day



Gastrocnemius Stretch

- Stand facing a flat stable surface.
- Drop one leg back while keeping the knee straight.
- Lean forward until stretch is felt into calf area of back leg.

Hold ___ secs. Repeat ___ times. ___ times per day



Standing IT Band Stretch

- Place involved leg behind other foot.
- Stabilize the upper body with arm as seen in picture.
- Slowly lean involved hip down and away from stance leg.
- Placing opposite arm overhead can help increase the overall stretch.

Hold ___ secs. Repeat ___ times. ___ times per day



Adductor/ Pectineus Stretch

- Assume position as seen in picture.
- Slowly press knees down toward floor with forearms until stretch is felt along inside of thighs.

Hold ___ secs. Repeat ___ times. ___ times per day



Hamstring Stretch

- Lie on a flat surface with uninvolved knee bent as seen in picture.
- Keeping back straight, slowly lean upper body forward until stretch is felt behind the thigh the straight leg.

Hold ___ secs. Repeat ___ times. ___ times per day



Adductor Stretch

- Lie on back with your hips contacting a wall.
- Extend your legs into a "V" position with the knees straight.
- Allow legs to fall down toward the floor until stretch is felt along inside of thighs.

Hold ___ secs. Repeat ___ times. ___ times per day



Posterior Capsule Stretch

- Lift your arm slightly less than parallel to the floor.
- Hold your arm at the elbow and bring your arm across your body until you feel a gentle stretch in the back of your shoulder.
- Slowly return to start position.

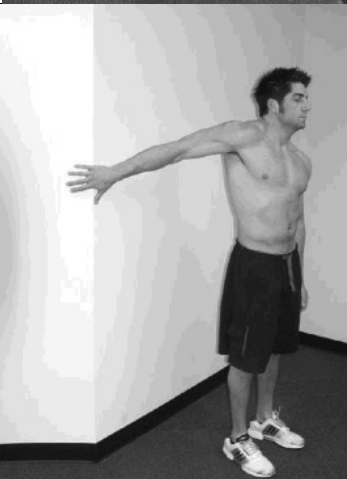
Hold ___ secs. Repeat ___ times. ___ times per day



Doorway Pectoralis Stretch

- Stand with involved side toward doorway.
- Raise arm to shoulder level with elbow and forearm on the doorway, elbow bent to 90 degrees.
- Step forward until you feel a stretch across your chest.
- Slowly return to rest position.

Hold ___ secs. Repeat ___ times. ___ times per day



Bicep Stretch

- Place your hand with your thumb pointed down along a corner or doorway.
- Gently turn your body away while bringing your shoulder forward until you feel a gentle stretch.
- Slowly return to start position.

Hold ___ secs. Repeat ___ times. ___ times per day

References:

Children's Hospital Colorado Sports Medicine Program for young athletes
American Medical Society of Sports Medicine