

## Flexibility Stretches

	<p><b>Standing Quad Stretch</b></p> <ul style="list-style-type: none"> <li>Place foot up onto table or chair.</li> <li>Slightly bend stance leg and lean back until a stretch is felt in the front of the thigh.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Hamstring Stretch</b></p> <ul style="list-style-type: none"> <li>Wrap a towel or belt around your foot.</li> <li>Keeping knee straight, bring leg up until a stretch is felt behind the thigh or knee.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Piriformis Stretch</b></p> <ul style="list-style-type: none"> <li>Bring knee into the midline of the body.</li> <li>Pull knee toward chest while pulling foot toward the opposite shoulder until a stretch is felt in the buttock.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Gastrocnemius Stretch</b></p> <ul style="list-style-type: none"> <li>Stand facing a flat stable surface.</li> <li>Drop one leg back while keeping the knee straight.</li> <li>Lean forward until stretch is felt into calf area of back leg.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Standing IT Band Stretch</b></p> <ul style="list-style-type: none"> <li>Place involved leg behind other foot.</li> <li>Stabilize the upper body with arm as seen in picture.</li> <li>Slowly lean involved hip down and away from stance leg.</li> <li>Placing opposite arm overhead can help increase the overall stretch.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Adductor/ Pectineus Stretch</b></p> <ul style="list-style-type: none"> <li>Assume position as seen in picture.</li> <li>Slowly press knees down toward floor with forearms until stretch is felt along inside of thighs.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>

	<p><b>Hamstring Stretch</b></p> <ul style="list-style-type: none"> <li>• Lie on a flat surface with uninvolved knee bent as seen in picture.</li> <li>• Keeping back straight, slowly lean upper body forward until stretch is felt behind the thigh the straight leg.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Adductor Stretch</b></p> <ul style="list-style-type: none"> <li>• Lie on back with your hips contacting a wall.</li> <li>• Extend your legs into a “V” position with the knees straight.</li> <li>• Allow legs to fall down toward the floor until stretch is felt along inside of thighs.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Posterior Capsule Stretch</b></p> <ul style="list-style-type: none"> <li>• Lift your arm slightly less than parallel to the floor.</li> <li>• 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.</li> <li>• Slowly return to start position.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Doorway Pectoralis Stretch</b></p> <ul style="list-style-type: none"> <li>• Stand with involved side toward doorway.</li> <li>• Raise arm to shoulder level with elbow and forearm on the doorway, elbow bent to 90 degrees.</li> <li>• Step forward until you feel a stretch across your chest.</li> <li>• Slowly return to rest position.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>
	<p><b>Bicep Stretch</b></p> <ul style="list-style-type: none"> <li>• Place your hand with your thumb pointed down along a corner or doorway.</li> <li>• Gently turn your body away while bringing your shoulder forward until you feel a gentle stretch.</li> <li>• Slowly return to start position.</li> </ul> <p><i>Hold ___ secs. Repeat ___ times. ___ times per day</i></p>

**References:**

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