

Hip & Leg Stretches

Please Note: If exercises or stretches become painful, reduce the intensity and/or frequency. If pain continues, stop your exercises and consult your Physiotherapist as soon as possible.

HS-1 GLUTES—LYING

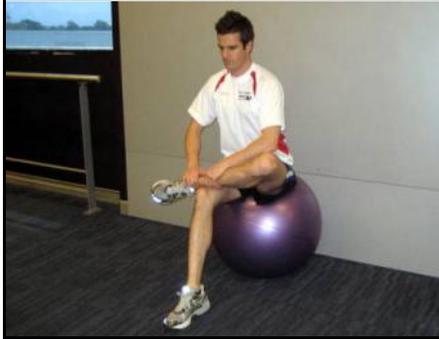


- Cross one leg over the other knee
- **Slide foot down wall and push knee out to feel stretch,**
- Don't let back flatten onto floor.
- **Repeat with the other side, do more on tighter side**
- **PROGRESSION:** Grab back of knee and pull knee towards chest, keeping arch in lower back.

Prompts:

Reps	Sets	p/Day	p/Week

HS-2 GLUTES—SITTING

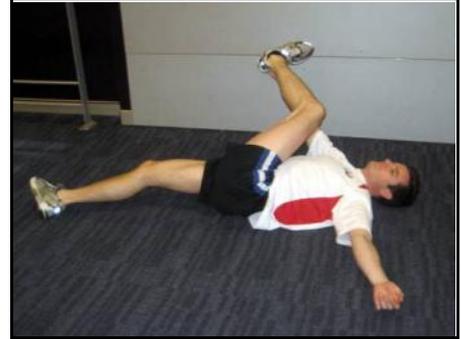


- Cross one leg over the other knee
- **Slide foot back and push knee down to feel stretch.**
- Don't lose neutral in lower back
- Lean forward at hips to increase stretch
- **Repeat with the other side, do more on tighter side**

Prompts:

Reps	Sets	p/Day	p/Week

HS-3 PIRIFORMIS



- **Bend one knee to 90° and rotate the lower back**
- Keep the other leg straight
- Slowly pull the foot down towards the floor and same shoulder
- Keep your shoulders flat on floor
- **Repeat with the other side, do more on tighter side unless instructed not to**
- **PROGRESSION:** Do in PRONE in Figure 4 position
- Prompts:

Reps	Sets	p/Day	p/Week

HS-4 GROIN / ADDUCTORS



- Move leg to feel stretch
- **Rotate pelvis away to find the stretch and to increase stretch**
- Rotate foot down or up to increase stretch
- Don't let lower back round
- **Repeat with the other side, do more on tighter side**
- **PROGRESSION:** lean towards foot to increase stretch

Prompts:

Reps	Sets	p/Day	p/Week

HS-4 HIP JOINT (FIGURE 4)



- In kneeling, cross one leg under the opposite thigh (above knee) so shin is 90° to body
- Lie face down so front of hip is on the ground
- **Clench buttock to move hip into floor and increase stretch**
- Don't let lower back arch
- **Repeat with the other side, do more on tighter side**

Prompts:

Reps	Sets	p/Day	p/Week

HS-6 HIP FLEXOR



- Knee on knee and place thigh so it's vertical
- Gently clench buttock and tilt pelvis backwards
- Draw in tummy to increase stretch
- Slow move pelvis forward
- **PROGRESSION:** Increase buttock and tummy to increase stretch and raise arm

Prompts:

Reps	Sets	p/Day	p/Week

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HS-7 HAMSTRINGS—LYING



- Interlock hands behind knee
- **Slowly straighten you knee to feel the stretch on the back of the knee**
- Don't go too far that you feel pain in your back and don't let you back flatten – maintain a neutral spine position
- **Repeat with the other side if instructed, do more on tighter side**
- **PROGRESSION:** Use towel or **STRETCHBAND**
- Prompts:

Reps	Sets	p/Day	p/Week

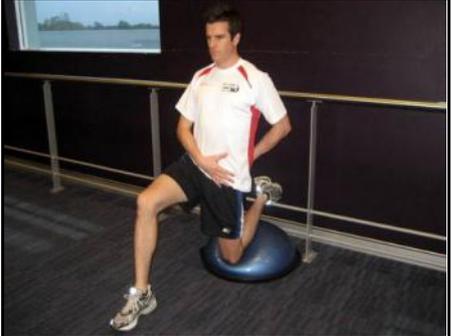
HS-8 HAMSTRINGS –STANDING



- Keep bend in knee
- **Lean forward, keeping your lower back flat, reaching down your knee**
- Stick your hip/bum backwards and lean forward to increase stretch instead of straightening knee
- **Repeat with the other side if instructed, do more on tighter side**
- **ALTERNATIVE:** Do in long-sitting and use **STRETCHBAND**

Reps	Sets	p/Day	p/Week

HS-9 QUADRICEPS



- Kneel on knee on BOSU or pillow and place thigh so it's vertical
- Gently clench buttock and tilt pelvis backwards
- Draw in tummy to increase stretch
- Slow move pelvis forward
- **PROGRESSION 1:** Increase buttock and tummy to increase stretch
- **PROGRESSION 2:** Rotate to the opposite side to increase stretch on lateral lower thigh
- Prompts:

Reps	Sets	p/Day	p/Week

HS-10 ITB PHYSIO ROLLER



- Place body on roller so it's perpendicular to thigh. Put weight on roller, both hands and opposite foot to control pressure
- **Slowly roll back and forth on thigh**
- Move body forwards to get outer quads
- Move backward to get ITB or hamstring
- Roll the entire length of thigh from hip to knee, using body weight to apply pressure.
- **Repeat with the other side if instructed, do more on tighter side**
- Prompts:

Reps	Sets	p/Day	p/Week

HS-11 CALF (GASTROC)



- Place ball of foot on rolled towel or roller
- Keep weight down through heel
- Straighten knee and clench quads
- **Drop weight down onto heel as though your heel is moving into the ground**
- **Move hip forward over foot and keep knee straight**
- **Repeat with the other side if instructed, do more on tighter side**
- Prompts:

Reps	Sets	p/Day	p/Week

HS-12 CALF (SOLEUS)



- Place ball of foot on rolled towel or board
- Keep weight down through front of foot
- **Bend knee and push forward**
- **Move hip forward over foot and push forward with the back leg**
- **Repeat with the other side if instructed, do more on tighter side**
- Prompts:

Reps	Sets	p/Day	p/Week