

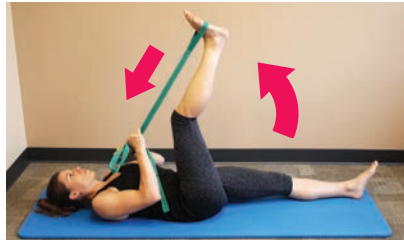
## LE STRETCHING HOME EXERCISE PROGRAM

### Supine Hamstring Stretch with Strap

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by lying on your back with your legs straight and a strap secured on one foot, holding the end in your hands.

#### Movement

Use the strap to pull your leg up toward your body, feeling a stretch in your hamstrings.

#### Tip

You can have a slight bend in your knee but keep your foot straight. Make sure not to let your other leg lift off the ground.

### Supine ITB Stretch with Strap

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin by lying on your back with your legs straight and a strap secured around one foot, holding the end in your opposite hand.

#### Movement

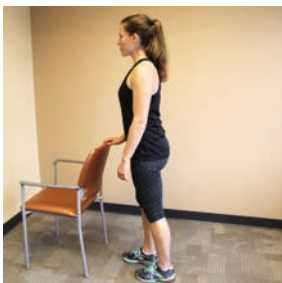
Pull on the strap to draw your leg diagonally across your body and hold, feeling a stretch on the outside of your leg.

#### Tip

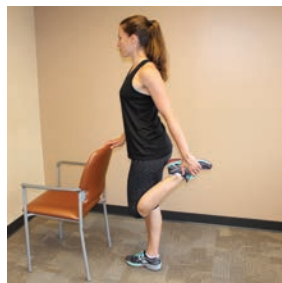
Make sure to keep your shoulders and hips on the ground during the stretch.

### Standing Quadriceps Stretch with Chair Support

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

#### Setup

Begin in a standing upright position holding onto a stable surface for support.

#### Movement

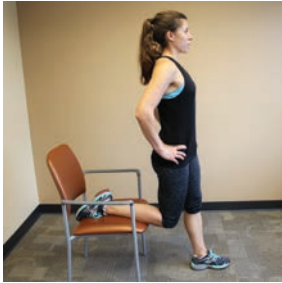
Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

#### Tip

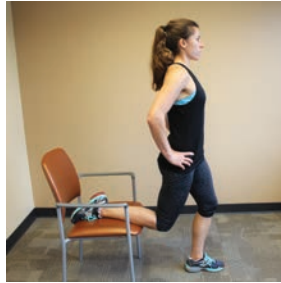
Make sure to keep your back straight and maintain your balance during the stretch.

## Standing Hip Flexor Stretch on Chair

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing position with one leg bent and resting on a stable chair behind your body.

### Movement

Gently shift your weight forward at your hips. You should feel a stretch in the front of the hip of your bent leg.

### Tip

Make sure that the chair is stationary for safety. Try not to arch your back during this exercise.

## Gastroc Stretch on Wall

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position in front of a wall.

### Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

### Tip

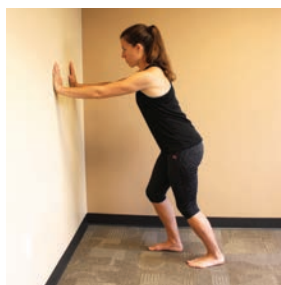
Make sure to keep your heels on the ground and back knee straight during the stretch.

## Soleus Stretch on Wall

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position in front of a wall.

### Movement

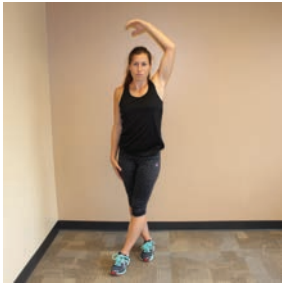
Place your hands on the wall and extend one leg back with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

### Tip

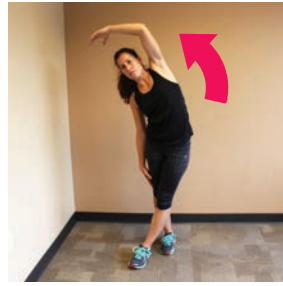
Make sure to keep your heels on the ground and back knee bent during the stretch.

## Standing ITB Stretch

Reps: 5 Hold (sec): 15 Weekly: 5x Daily: 2x



Step 1



Step 2

### Setup

Begin in a standing upright position with one leg crossed over the other.

### Movement

Move the hip of your leg to be stretched out to the side and reach your arm overhead to the opposite side.

### Tip

Make sure to avoid twisting or rotating your body during the exercise.