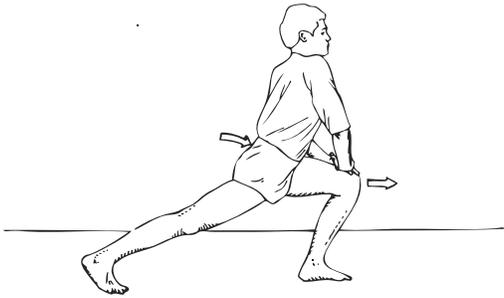




Recommended stretches to help improve your range of motion



Hip Flexor stretch 1

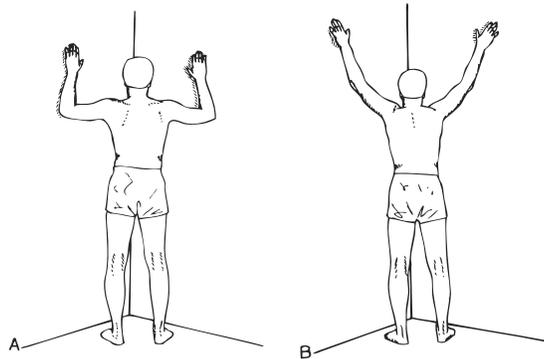
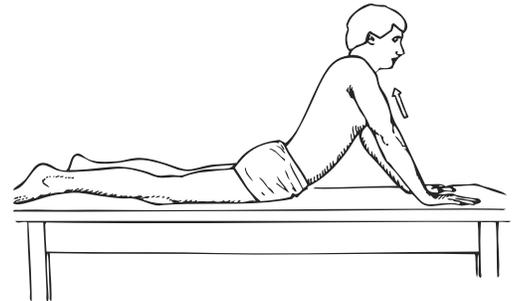
Position: Standing

The patient assumes a fencer's squatlike posture, with the back leg in the same plane as the front leg and the foot pointing forward. As the patient shifts his/ her body weight on the front leg, he/ she should feel a stretch in the front hip region of the back leg. If the heel of the back foot is kept on the floor, this may also stretch the calf or gastrocnemius muscle.

Abdominal Stretch

Position: Face down on floor

The patient lays on the floor, face down, with hands placed under the shoulders. He/she then straightens the elbows and lifts his chest and upper abdomen up off the mat, but keeps the pelvis on the mat. This is known as a prone press up. This will also stretch the hip flexors and other soft tissue anterior to the hip.



Pectoral Stretch

Position: Standing, facing a corner or open door. Arms are in a V shape against the wall or in a reverse T.

The patient leans his/ her entire body forward from the ankles, knees slightly bent. Holding the arms at three different levels will help to stretch the entire pectoral muscle. If done in a doorway, only stretch one side at a time.

Hamstring Stretch

Position: Sitting with the leg to be stretched extended across to another chair OR Sitting along the edge of a treatment table, supported by the other leg on the floor.

He/she leans forward with his trunk toward his thigh, keeping the back straight or slightly extended, so there is motion only at the hip joint.

