

Stretching for:

LOWER BODY

PRE-STRETCH WARM-UP

Always warm up the muscles before stretching to avoid injuries. Wear sweats during the warm-up and stretch periods.

Some suggested pre-stretch warm-ups are:

- Walk for ten minutes.
- Soak in a warm tub for fifteen minutes.
- Gently rotate each arm and leg in a circular motion twenty-five times.

DIRECTIONS FOR EXERCISES

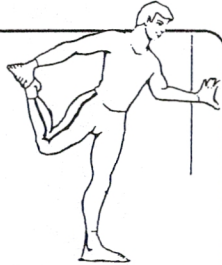
1. Do exercises prescribed for you.
2. Hold positions for 30 to 60 seconds.
3. Achieve the stretch position gently, **no bouncing or jerking!**
4. The stretch position should have a tight feeling, **never pain!**
5. Do all exercises to both sides of body.
6. Stretch before and after your sport activity. If you have time for only one, **before is the most important.**

1



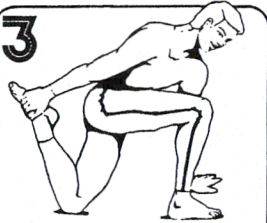
Pull knee to chest and raise the head to the knee. When stretch is felt, hold. (**Gluteus maximus**)

2



From standing position grab the foot and raise the leg until stretch is felt and hold. (**Quadriceps**)

3



Assume the position shown by grabbing left foot with right hand. Pull the left foot towards the buttocks until stretch is felt and hold. (**Quadriceps**)

4



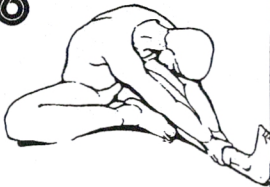
Assume position on back with knee up and leg pulled into side. Slowly lower knee until stretch is felt and hold. (**Quadriceps**)

5



Have someone move ankles in each of four directions: forward, back, left, and right, until stretch is felt and hold. (**Ankles**)

6



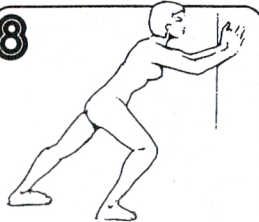
From position shown, grab ankle and pull body forward until stretch is felt and hold. (**Hamstrings**)

7



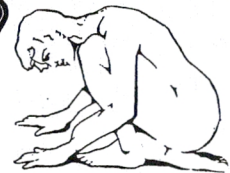
Grab leg below the calf and pull to head until stretch is felt and hold. (**Hamstrings**)

8



Leaning on wall, keep back foot flat and head up. Slowly bend arms and lower body toward wall until stretch is felt and hold. (**Lower Leg**)

9



From position shown, push left knee forward with the chest until stretch is felt and hold. Keep toes of left foot even with knee of right leg. (**Lower Leg**)

10



Keeping shoulders flat, gently pull knee to floor. When stretch is felt, hold. (**Iliotibial band**)

11



From position shown, pull the knee and ankle to the chest until stretch is felt and hold. (**Iliotibial band**)

12



From position shown, gently reach toward floor until stretch is felt and hold. (**Iliotibial band**)

13



Cross left leg over the right and bring right arm through as shown. Push on leg with arm and twist body until stretch is felt and hold. Turn head to the rear. (**Hip and Oblique**)

14



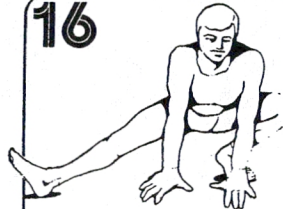
With back against a wall and feet together, push down on knees until stretch is felt and hold. (**Groin**)

15



Put bottoms of feet together, pull heels toward groin and body forward until stretch is felt and hold. (**Groin**)

16



Raise toes of right leg and slowly slide the leg away from the body until stretch is felt and hold. (**Groin**)

COMPLIMENTS OF:

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PRESCRIPTION PAD

(CIRCLE THE NUMBER OF EACH PRESCRIBED EXERCISE.)