



Notes :

1 Piriformis stretch



Cross the legs with the leg to be stretched on top.
If a stretch is felt here then stop, if not go on.
Gently pull the lower knee toward the chest with your hands placed under the knee until a stretch is felt in the buttocks.

Reps: 2-3 Freq: 1x/day Hold: 30 sec

2 Butterfly stretch



Lie on your back.
Bend your knees and place your feet flat, next to each other
Let your knees drop slowly away from each other until you feel a stretch in your groin.
Relax.

Reps: 2-3 Freq: 1x/day Hold: 30 sec

3 Stretching hamstring



Lie on your back with your knees bent
Tie a belt or towel around the foot of the injured leg.
Hold the other end of the belt in your hands.
Lift your leg up keeping it straight and maintain the stretch by pulling on the belt with your hands.
Keep your other knee bent (not as shown in the picture), unless you need it down in order to feel a better stretch.
Maintain the stretch and relax.

Reps: 2-3 Freq: 1x/day Hold: 30 sec

4 Stretching quadriceps



Stand in front of a chair and hold on to it with one hand. Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.
Hold the stretch, keeping your lower back neutral and return to the initial position.
If this is difficult to do in standing you can do it on your stomach using a strap around your ankle or your arm if you can reach.

Reps: 2-3 Freq: 1x/day Hold: 30 sec

5 Calf stretch



Stand and place one foot against the wall.
Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight.
Keep the torso upright and push the hips forward to feel a stretch in the calf.

Reps: 2-3 Freq: 1x/day Hold: 30 sec



6 Standing soleus stretching



Stand and place both hands on a wall, with your feet about half a meter from the wall.
Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg.
Maintain the stretch and relax.

Reps: 2-3 Freq: 1x/day Hold: 30 sec



Notes :



1 Piriformis stretch

Reps: 2-3 Freq: 1x/day Hold: 30 sec

GEN94180



2 Butterfly stretch

Reps: 2-3 Freq: 1x/day Hold: 30 sec

XGEN249



3 Stretching hamstring

Reps: 2-3 Freq: 1x/day Hold: 30 sec

XGEN2166



4 Stretching quadriceps

Reps: 2-3 Freq: 1x/day Hold: 30 sec

XGEN270



5 Calf stretch

Reps: 2-3 Freq: 1x/day Hold: 30 sec

GEN94223



6 Standing soleus stretching

Reps: 2-3 Freq: 1x/day Hold: 30 sec

XGEN1660