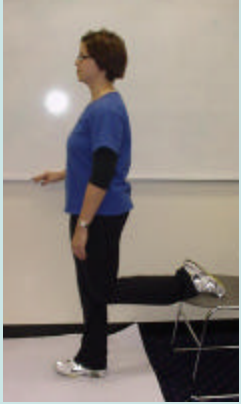




Lower Body Stretches

Front Thigh

- Balance yourself by holding onto something. Stand tall with shoulders vertically in line with hips as you rest one leg on a stable chair.
- Keep knees together (avoid “chicken leg”).



Easy



More Difficult

Stretches should be performed following a brief warm-up. Follow these guidelines when performing stretches:

- Stretch to the point of light tension in the muscle.
- Avoid bouncing and jerky movements.
- Hold stretches statically for at least 10 seconds.
- Don't hold your breath.
- Tense trunk muscles and maintain S curve (good back) alignment throughout.

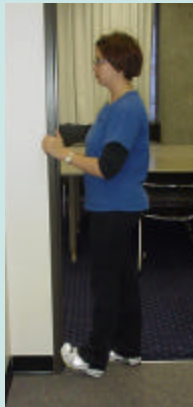
Calf 1



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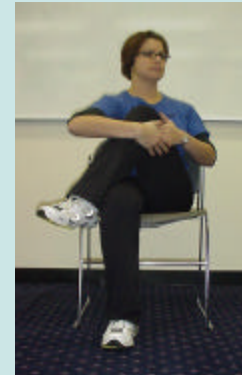
- Gently lean forward from the hips until you feel a stretch in the calf muscle of the rear leg (keep rear heel planted)
- Keep toes pointed forward.
- Keep front knee vertically in line with ankle.
- Use table or sturdy object to support weight of upper body.

Calf 2



- Using a fixed object such as a doorway, rest your front toe on the doorway.
- Gently pull your body toward the doorway until you feel a stretch in the calf muscle of the front leg.

Gluteus



- Sit tall in a chair and cross one leg over the other
- Gently pull bent knee towards you.

Hamstring



- Maintain S curve (good back) alignment.
- Keep knee vertically in line with ankle and avoid letting your knee travel in front of your toe.

Hip Flexor



- Keep toes pointed forward.
- Keep front knee vertically in line with ankle and front knee behind toe.
- Lean forward from the hips until you feel a stretch on the front of your rear leg.