

# IMG PHYSICAL THERAPY

805 N. Richmond St., Suite 103 Fleetwood, PA 19522

IMGPT.COM 610-944-8140

Chris Gordos, DPT Center Manager

Eric Parrish, MPT Director of Rehabilitation

## Lower Extremity Stretching Home Exercise Sheet

Rehabilitation of the lower extremity may take an extended period of time. A loss of strength, range of motion, and use is common after an injury or surgery. Your strength, range of motion, and use of the legs can be regained. It may become frustrating at times, but you can be successful with hard work, patience, and listening to your body.

When you are exercising on your own at home there are some things to remember....

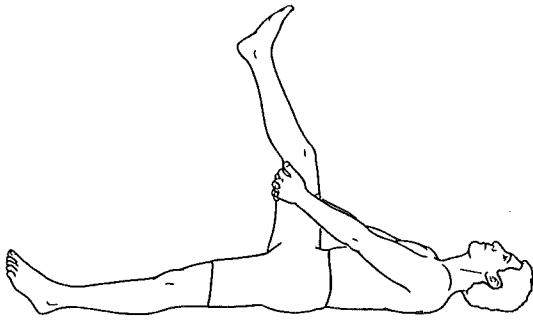
- \* Any specific exercise that causes pain, especially sharp knife like pain, is hindering the healing process for your injury and should be modified or discontinued until you notify your therapist.
- \* Increased swelling after exercise indicates that the exercise may be too difficult or it is not being done correctly. Be sure to ice that area of swelling and use a compression wrap as needed.
- \* Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- You should experience muscle soreness, dull ache, fatigue, and stretching sensations, but the exercises should not increase the pain or swelling.
- \* Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done 1 time per day.

\*\*Stretch for 3-10 repetitions holding 10-30 seconds each time.

Ice for 15 minutes at the end of the day. Do not ice before stretching.

HIP / KNEE - 38 Stretching: Hamstring (Supine)

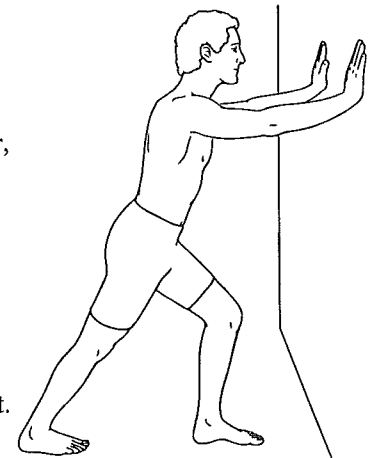


Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 41 Stretching: Gastroc

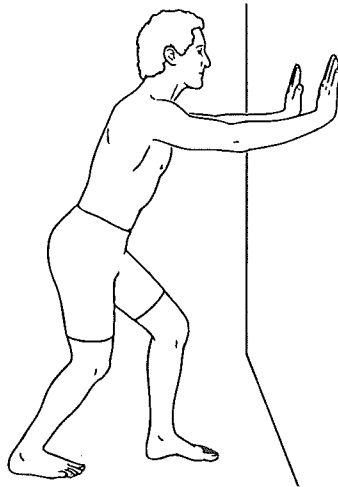
Stand with right foot back, leg straight, forward leg bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in calf. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 42 Stretching: Soleus

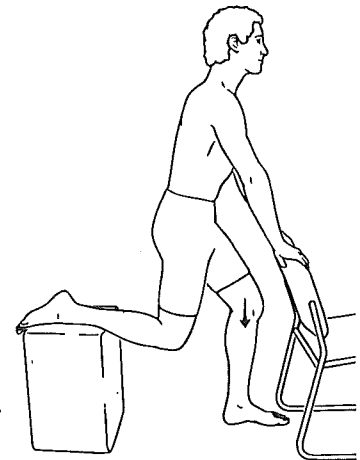
Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

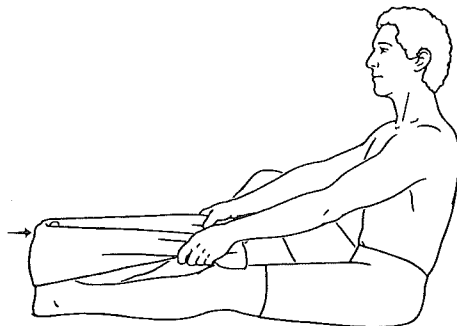
HIP / KNEE - 61 Stretching: Hip Flexor (Modified)

With right leg supported, chair in front for balance, slowly bend other leg until stretch is felt in thigh of supported leg. Hold 10 seconds.



Repeat 10 times per set.  
Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 63 Stretching: Calf - Towel



Sit with knee straight and towel looped around left foot. Gently pull on towel until stretch is felt in calf. Hold 1 seconds.

Repeat 30 times per set. Do 1 sets per session.  
Do 1 sessions per day.

HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 10 seconds.

Repeat 10 times per set. Do 1 sets per session.  
Do 1 sessions per day.