



**Centers for
Orthopaedics**
Experience in Motion

33 Sewall Street
Portland, ME 04102
(207) 828-2100

www.orthoassociates.com

LOWER EXTREMITY FLEXIBILITY EXERCISES (Not for Total Hip Replacement patients)



Glutes

Fully extend uninvolved leg and keep back flat. Drawn in slightly with stomach and bring involved leg toward chest and grasp knee. Pull knee into your chest until you feel a comfortable stretch. Avoid lower leg rotating inward.

Hold _____ **Relax** _____ **Repeat** _____

Right **Left** **Both**



Hamstring

Fully extend uninvolved leg. Drawn in slightly with your stomach. Straighten involved leg, pull your towards your shin, tighten your quad, and raise your leg as high as possible until you feel a comfortable stretch.

Hold _____ **Relax** _____ **Repeat** _____

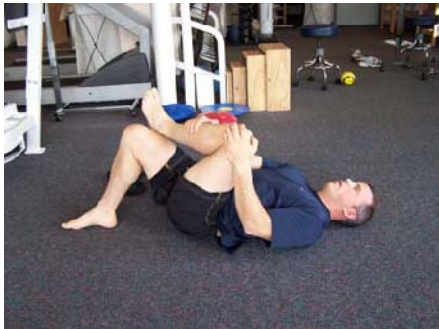
Right **Left** **Both**



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Piriformis

Bend uninvolved knee and keep foot on the ground. Cross the involved leg over the uninvolved. Grasp the involved leg at the knee and lower shin. Gently pull involved leg towards opposite shoulder until you feel a gentle stretch.

Hold _____ **Relax** _____ **Repeat** _____

Right **Left** **Both**



Quadriceps

Lay on opposite side to be stretched. Actively flex your knee towards your glute. Grasp ankle and gently pull heel further until you feel a gentle stretch. You can extend hip further to gain an additional stretch if necessary.

Hold _____ **Relax** _____ **Repeat** _____

Right **Left** **Both**



PSOAS

Start in an exaggerated lunge position with involved leg behind. Actively tighten your involved side glute and gently push hips forward until you feel a gentle stretch.

Hold _____ **Relax** _____ **Repeat** _____

Right **Left** **Both**



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Prone Cobra

Begin stretch by laying flat on the floor in a push up position. Hands should be at in line with your chest. Press your torso up and push hips into the floor while keeping glutes relaxed.

Hold _____ **Relax** _____ **Repeat** _____



Gastrocnemius

Stand with involved leg back, foot pointed straight, and heel flat on the floor. Keeping your knee straight-lean forward until you feel a gentle stretch.

Hold _____ **Relax** _____ **Repeat** _____

Right **Left** **Both**



Soleus

Stand with involved leg back, foot pointed straight, and heel flat on the floor. Keeping your knee bent-lean forward until you feel a gentle stretch.

Hold _____ **Relax** _____ **Repeat** _____

Right **Left** **Both**