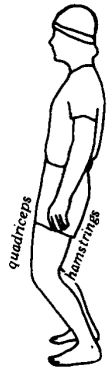
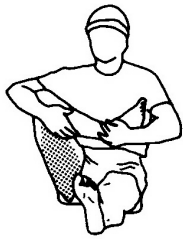


# Upper and Lower Leg Stretches

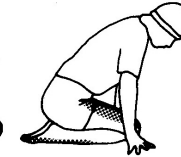
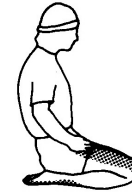
Stretching should be done slowly without bouncing. A complete stretch consists of an EASY stretch which reduces tension and readies the tissues for the DEVELOPMENTAL stretch. Begin by stretching to where you feel a slight tension and hold for 15-30 seconds. The feeling of tension should diminish as you hold, if not ease off slightly. After holding the EASY stretch, move a fraction of an inch farther until you feel mild tension again and hold for 15-30 seconds. If the tension increases or becomes painful ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility. The key to stretching is to be relaxed while you concentrate on the being stretched. Your breathing should be slow, deep and rhythmical.



**1.** Hold this bent-knee position for 30 seconds. The quadriceps should feel hard and tight while the hamstrings should feel soft and relaxed.

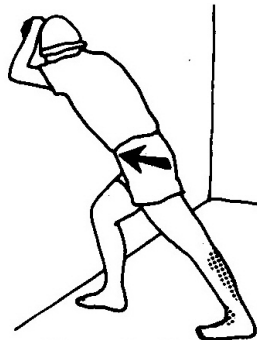


**2.** With your back resting against support gently pull your leg as one unit toward your chest until you feel an EASY stretch; hold for 30 seconds.

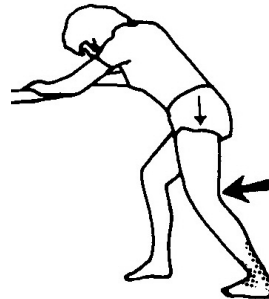


**3.** With your hands on the outside of your legs for support sit on your feet, your toes pointed behind you. Do not let your feet flare to the outside. Maintain an easy stretch for 15-30 seconds. Do not strain.

*Dotted areas are those areas of the body where you should feel the stretch.*



**4.** With your forearms resting on a solid support bend one leg leaving the other leg straight. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep your heels on the floor and your toes pointed straight ahead. Hold for 30 seconds.



**5.** Keeping your feet flat slightly bend your back knee until you feel an EASY stretch along your Achilles tendon. Hold for 15 seconds.



**6.** Resting one hand on a solid support for balance, hold the top of the same foot from the inside with opposite hand and gently pull, heel moving towards buttocks. Hold for 30 seconds.

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