RED HAWK
PHYSICAL THERAPY Inc

θ **Quadriceps Stretch**	• Pull strap to bend knee as far as tolerated or until you feel a stretch in the front of the thigh (the quads) • PURPOSE: increase knee flexion range of motion and stretch quad muscle Hold _____ seconds _____ repetitions
θ **Hamstring Stretch**	• pull leg up until stretch is felt at the back of the thigh • Stop or reduce the stretch if numbness or tingling or burning is felt in the foot or back of leg θ precede with ankle pump to glide the sciatic nerve 20x PURPOSE: Increase knee extension range of motion and stretch hamstring muscle Hold _____ seconds _____ repetitions
θ **IT Band Stretch**	• Stretch the top of the upper leg by pushing down with bottom leg • If you don't feel it stretching, scoot down towards edge of table Hold _____ seconds _____ repetitions
θ **Calf Stretch** θ **Soleus Stretch**	• **Calf**: keep knee straight, feet pointed straight ahead and arch lifted and lunge forward • **Soleus**: bring rear foot closer, bend knee and repeat the same stretch as above Hold _____ seconds _____ repetitions