

Lower Body: Range of Motion Exercises Self Directed for the Legs

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Hamstring Stretch

1. Place strap around arch of left foot. This can be done in long sitting position, as shown, or by lassoing foot from lying down. If done in long sitting, lie down on the mat after strap is placed.
2. While lying down, slowly lift leg using strap.
3. As possible, grasp both straps with one hand and keep the knee straight with the other hand.
4. Raise leg until resistance is felt in back of thigh. Hold for 30 seconds.
5. Repeat with other leg.

Once range of motion has increased, this may be done without the strap by bending knee toward chest in long sitting and lying down while holding onto the knee. From this position, one hand will grasp the ankle while the other straightens the knee.



Knee to Chest Stretch

1. Start in long sitting position.
2. Lie down on your back.
3. Lift knee toward chest.
4. Bring knee to chest until resistance is felt. Hold for 30 seconds.
5. Repeat with other leg.



Inner and Outer Thigh Stretch

1. Start in long sitting position.
2. Bend left knee and place foot flat on mat or floor. Use right hand for support.
3. Push left knee toward right side until resistance is felt in the buttock.
4. Hold for 30 seconds.
5. Press knee to the left toward the mat until resistance is felt in the inner thigh.
6. Hold for 30 seconds.



Calf stretch

1. Start in long sitting position.
2. Place strap around arch of foot. Keep ends of strap even and together.
3. Keep foot straight, not rotated.
4. Grasp strap with one hand and keep knee straight with the other hand.
5. Pull toes back towards your nose until resistance is felt in the calf.
6. Hold for 30 seconds.
7. Repeat with other leg.



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