



**CJW Sports Medicine**

*HCA Virginia Health System*  
An HCA affiliate

## **Calf Stretch**



- Standing an arms length from a wall, face it and place both hands flat on it.
- Step the leg that is to be stretched further back than your other leg.
- Keep the back leg straight and dig your heel into the ground until you feel a stretch in the back of your leg and knee.
- For a deeper stretch, push your hips closer towards the wall.
- Remember to also keep your back straight and your hips square to the wall.
- Hold for 20-30 seconds.
- Repeat with opposite leg.
- For a variation in the stretch, follow the above directions but keep a slight bend in your leg.



## Quadriceps Stretch



- Stand facing away from a table or other elevated surface.
- Bend knee and place foot onto the surface.
- Slowly work yourself closer to the table until desired stretch is felt.
- You should feel a stretch along the front of the upper leg.
- Slightly bend the knee on the leg still touching the floor and lean back.
- Remember to keep your back straight and your hips square.
- Hold for 20-30 seconds.
- Repeat with opposite leg.



## Williams Flexion



- Laying face up on a flat surface, bring one knee to your chest using your hands.



- Bring knee to opposite shoulder.
- Bring knee across body.
- You should feel a stretch along the low back.
- Remember to keep both shoulders flat to the surface as possible.



- Hold each position for 20-30 seconds.



## Piriformis Stretch



- Stand facing a table or other flat elevated surface.

- Place entire lower leg on the surface so that the outside of the lower leg is flat on the surface.

- You should feel a stretch deep within the buttock.



- Remember to keep your back straight and your hips square.

- Hold for 20-30 seconds.

- Repeat with opposite leg.

- For a deeper stretch, slightly bend the knee of the leg still touching the floor.





## IT Band Stretch



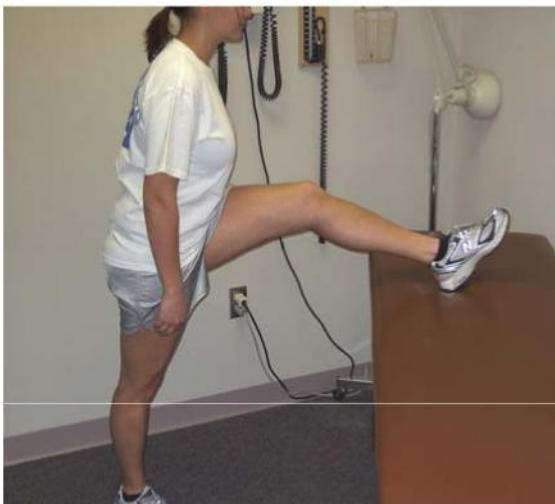
- Stand an arms length from a wall, with your hand on the wall.
- Place the foot that is closest to the wall, behind and on the other side of the foot furthest from the wall.
- Lean towards the wall while pushing the hips in towards the wall with your hand.
- You should feel a stretch along the outside of the upper leg from the hip to the knee.
- Remember to keep your hips perpendicular to the wall.
- Hold for 20-30 seconds.
- Repeat with opposite leg.
- For a deeper stretch start further from the wall.



## Hamstring Stretch



- Place heel of foot on table or other elevated surface, keeping the knee slightly bent.
- Lean forward at the hips without bending your back to achieve full stretch.
- You should feel a stretch along the back of your upper leg.



- Remember to keep your toe up, back straight and hips square.
- Hold for 20-30 seconds.
- Repeat with opposite leg.
- For a deeper stretch, you may bend the opposite knee, lowering your body.

