

Name \_\_\_\_\_

Date \_\_\_\_\_

Physician \_\_\_\_\_



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## Patient Flow Sheet

### Active Lower Extremity Stretches

Actively move leg into position until stretch is felt, hold 30 seconds x 3 repetitions

1-2 x/day

1) **SUPINE HAMSTRING STRETCHES**

Place strap or belt around foot and pull leg up as pictured until stretch is felt in hamstrings ( back of your thigh). Keep knee straight.



2) **IT BAND STRETCHES**

Place strap around foot and pull leg up and across your body. Stretch should be felt on outside of thigh between knee and hip.



3) **HIP ADDUCTOR STRETCHES**

Place strap around foot and pull leg out and away from body as pictured, stretch should be felt in inner thigh.



4) **PIRIFORMIS STRETCHES**

Place strap around foot and pull foot and knee toward the opposite shoulder as pictured, stretch should be felt in posterior hip and buttocks.



5) **QUAD STRETCHES**

Lie on stomach with strap around foot, pull foot toward buttocks as pictured until stretch is felt in the front of your thigh.

