

# LOWER EXTREMITY STRETCHES

If you have any questions - please let me know at your next visit!  
~ Dr. Amanda



## HIP FLEXOR STRETCH - LUNGE

Maintain level hips and tuck "tail". Gently step forward into a slight lunge. Be sure to keep knee directly over foot. Feel the stretch through the front of hip and thigh.

5"  
hold

5+  
reps

2+  
x/day



## HIP FLEXOR STRETCH - CHAIR

Place knee on couch/chair and foot against back. Maintain level hips and tuck "tail". Gently bend front knee into a slight lunge.

Feel the stretch through the front of hip and thigh.

5"  
hold

5+  
reps

2+  
x/day



## DEEP SQUAT STRETCH

With feet slightly wider than hips, slowly lower down into a deep squat. Gently press elbows outward into knees to deepen the stretch. Breathe and relax while holding. Feel the stretch through lower back, inner thigh and calves.

30"-60"  
hold

1-2  
reps

2+  
x/day

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## PIGEON 1

Move to a push up position on the floor. Bring one foot up towards the opposite side wrist and place it on the floor. Lower your knee to the floor near your same side wrist. This should place the outside of your shin along the floor. Lower your self down to the ground as you feel a stretch deep in your hip/glute area.

10+  
hold

2-5  
reps

2+  
x/day



## PIGEON 2

To advance the depth of the stretch, lean your body forward to place your elbows on the floor. Advance further by stretching your arms out in front of you and placing your chest as close to the floor as you are able to.

10+  
hold

2-5  
reps

2+  
x/day



## ADDUCTOR SPLIT

Kneel on the floor with your hands or elbows down. Slowly spread your knees further apart to feel a stretch along the inside of your thigh and groin. Hold for 10+ seconds then try to go deeper into the stretch for the next rep.

10+  
hold

2-5  
reps

2+  
x/day