

# Prima CARE

## Orthopedics

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### HIP/KNEE ROM

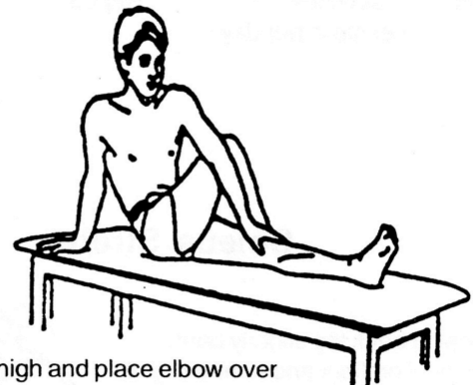
#### Tensor Stretch

Cross LEFT/RIGHT leg over the other, then lean to the \_\_\_\_\_, until a stretch is felt over outside of hip.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



#### Stretching - Piriformis Stretch



Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

#### Stretching - Seated Hamstring Stretch



Tuck foot near groin with opposite leg straight. Reach down until a stretch is felt on back of thigh.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

#### Standing Hamstring Stretch

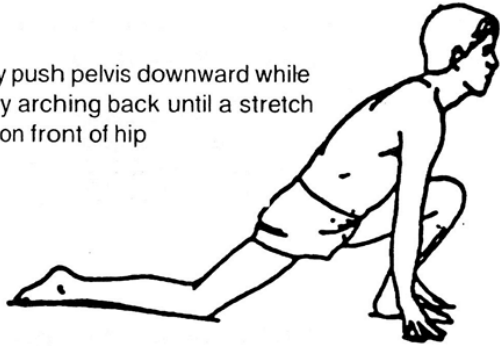


Place foot on stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.

Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

## Hip Flexor Stretch

Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip

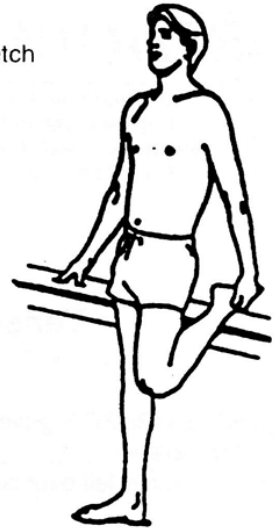


Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

## Stretching - Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

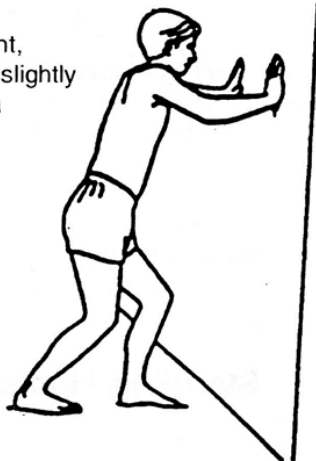
Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## Soleus Stretch

Keeping back leg slightly bent, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

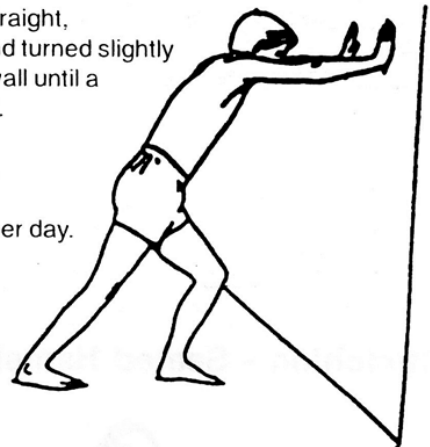
Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



## Inner Thigh / Groin Stretch

Place heels together and pull feet toward groin until a stretch is felt in groin and inner thigh.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

