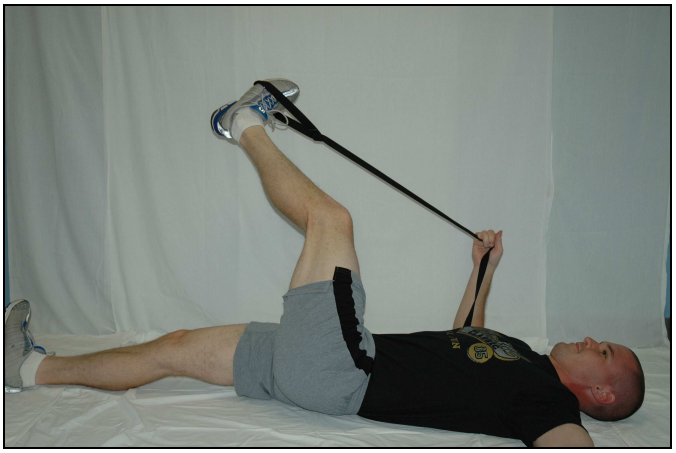
Stretching Program

This packet is designed for education to prevent injury and to promote health. If you experience an injury you should consult with your physician for proper care and treatment. The physicians and physical therapists at K-Valley Orthopedics specialize in sports medicine injuries and understand your desire to maintain an active, healthy lifestyle. Call 343-8170 for more information or to schedule an appointment.

Guidelines for Stretching: The key to stretching is consistency over the long haul. You will get more benefit from doing a few minutes each day, rather than spending half an hour one to two days a week. When you stretch you should keep the muscles relaxed and only pull to where you feel a gentle stretch. Do NOT strain. If you pull to hard the muscles will automatically tighten to protect against a muscle tear and you will not improve your muscle length. Do not bounce and remember to relax and breathe easily while stretching.

Hold each stretch for 30 seconds and repeat twice. Do 1-2 x a day.

ITB: This is a large tendon which starts at the top of your hip and pelvis and runs down along the outside of your leg and inserts along the side of your knee and shin. Use a rope or dog leash to assist this stretch. Lie on your back and place a loop around the involved foot. With your knee straight, first raise the leg straight up until you have reached waist height and then pull your leg across your body. Keep your back and shoulders flat on the floor the entire time.



Hold each stretch for 30 seconds and repeat twice. Do 1-2 x a day.

Hip Flexors: These muscles start from the lower spine and the top of the pelvis and insert onto the thigh and knee. Start in a half-kneeling position, with the leg you are stretching behind you. Keep your back straight and lean your hips forward until you feel a gentle stretch across the front or your hip. Do NOT overstretch.

Quadriceps: This is a group of muscles along the front of the thigh. Stand with your back straight, pull your heel toward your buttock until a gentle stretch is felt across the front of your thigh. If you do not feel a stretch, tighten your butt muscles to increase the pull on the front of your thigh.

Hold each stretch for 30 seconds and repeat twice. Do 1-2 x a day.

Piriformis: This is a small muscle which runs from your sacrum to your hip. Laying on your back, with one hand pull your knee up toward your opposite shoulder and with the other hand pull your ankle toward your opposite shoulder until a gentle stretch is felt along your hip and buttock region.

Adductor Stretch: This is the large group of muscles along the groin or inner thigh area. Sit with your legs yoga style but with the bottoms of your feet together rather than crossed, push out on your knees until a gentle stretch is felt along the back of your thigh. Standing with your heel up on a stool, keep your back straight, push your butt back, straighten your knee and pull your toes up until you feel a gentle stretch along the back of your leg.

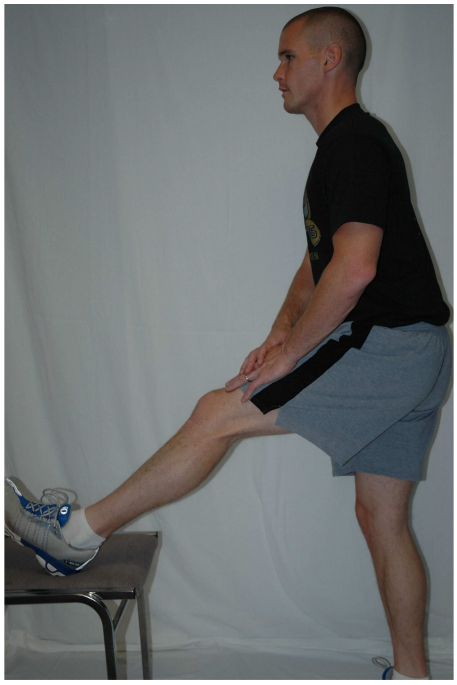
Hold each stretch 30 seconds and repeat twice. Do 1-2 x a day.

Gastrocnemius: This is the large muscle along the back of your calf. Position your back leg with knee straight, heel flat on the floor, toes pointed straight ahead. Position your front leg with knee bent, foot flat, toes pointed straight ahead. Lean forward until you feel a gentle pull in the calf muscles of the back leg.

Soleus: This is a smaller muscle of the calf that lies under the gastrocnemius. Position your back leg with knee slightly bent, heel flat on the floor, toes pointed straight ahead. Position your front leg with knee bent, heel flat on the floor, toes pointed straight ahead. Lean forward until a gentle stretch is felt in the muscles of your calf on the back leg.

Hold each stretch for 30 seconds, repeat twice. Do 1-2 x a day.

Hamstrings: This is a large muscle group along the back of the thigh. Place heel on a chair with your toes pulled up towards you, knee straight and push your hips and butt, backwards. Keep your back up straight, DO NOT bend over at the back.



IT Band: This is a large strap like muscle and tendon that runs from the hip to the knee. Cross right leg over left, stick left hip out to the side, bring left arm up over the top of your head. Repeat the same to the other side.