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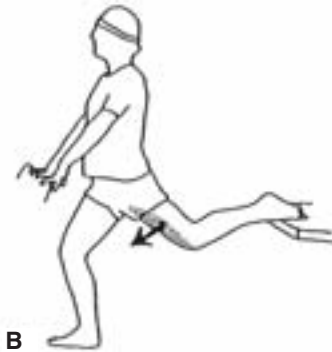
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Series of Stretches for the Knee / Quadriceps Area



Stretch No. 1. Opposite hand to opposite foot – quadriceps and knee stretch. Hold top of left foot (from inside of foot) with right hand and gently pull, heel moving toward buttocks. The knee bends at a natural angle in this position and creates a good stretch in knee and quads. This is especially good to do if you have trouble or feel pain stretching in the hurdle stretch position leaning back, or when pulling the right heel to buttocks with the right (same) hand. Pulling the opposite hand to the opposite foot does not create any adverse angles in the knee and is especially good in knee rehabilitation and with problem knees. Hold for 30 seconds. Do both legs (Fig. 7F-12A).



Stretch No. 2. Extend your foot in back of you, setting the top of it on a table, fence, or bar behind you at a comfortable height. Think of pulling your leg through (moving your leg forward) from the front of your hip to create a stretch for the front of the hip (iliopsoas) and quadriceps. Flex your gluteus muscles as you do this stretch. Keep the down knee slightly bent (1 inch) and upper body vertical. The foot on the ground should be pointed straight ahead. You can change the stretch by slightly bending the knee of the supporting leg a little more. Hold an easy stretch for 20 seconds. Learn to feel balanced and comfortable in this stretch through relaxed practice. This is a very safe way to stretch the knee-quadriceps area (Fig. 7F-12B).



Stretch No. 8. Lie on your left side and rest the side of your head in the palm of your left hand. Hold the top of your right foot with your right hand between the toes and ankle joint. Gently pull the right heel toward the right buttock to stretch the ankle and quadriceps (front of thigh). Hold an easy stretch for 10 seconds. *Never stretch the knee to the point of pain. Always be in control.* (Fig. 7F-12H).



Stretch No. 9. Move the front of your right hip forward by contracting the right buttocks (gluteus) muscles as you push your right foot into your right hand. This should stretch the front of your thigh. Hold a comfortable stretch for 10 seconds. Keep the body in a straight line. Now stretch the left leg in the same way. You may also get a good stretch in the front of the shoulder. (Fig. 7F-12I).