



Lower Extremity Rehabilitation Program

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Advanced Stretches:

Hip Flexion:

Kneel down on your affected leg with your unaffected foot on the floor, lean forward and slightly tilt your pelvis forward. Hold the stretch for 30 seconds.



Iliotibial band stretching:

While standing, cross your unaffected leg over your affected leg. Then slowly lean down and towards your unaffected side. Hold this stretch for 30 seconds.



Hip Abduction:

While lying down flat, stretch your affected leg straight across your body. Hold this stretch for 30 seconds.



Quadriceps stretching:

While standing, bend your affected leg behind you. Reach back and grab your ankle with one hand, while stabilizing yourself with the other on a chair or table. Enhance the stretch by bringing your ankle closer to your body. Hold this stretch for 30 seconds.



Knee Rehabilitation Continued:

Hamstring stretching:

While lying down on the floor, place your affected leg against a wall. Position your arm under your low back, make sure to keep your buttocks on the floor. You can enhance this stretch by moving your body closer to the wall, which will extend your leg higher on the wall. Hold this stretch for 30 seconds.



Piriformis stretching:

While sitting on the floor, bring your foot of your affected side across your body and place it on the floor on the other side of your unaffected knee. Carefully rotate your body towards your affected side and push your knee in the opposite direction with your elbow. Hold this stretch for 30 seconds.



Heel Cord stretching:

While standing, place your hands against a wall and place your unaffected foot in front (closer to the wall) of your affected foot. Keep your affected leg straight and lean towards the wall making sure to keep your heel on the floor and your toes slightly pointed in. To enhance this stretch, move your affected foot further from the wall and perform the same stretch. Repeat this stretch with your knee bent. Hold these stretches for 30 seconds and repeat 1-2 times per day.



Knee straight



Knee bent