

Static stretching programs

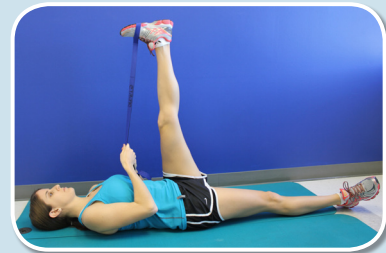
This program is intended to be used as part of a comprehensive cool-down. A cool-down should include at least:

1. Foam rolling program.
2. Static stretching – holding stretches.

Hamstring (back of thigh):

- Start lying on your back.
- Use both hands to grab one leg behind the knee.
- Straighten leg toward the ceiling.
- Keep the other leg straight on the ground.
- You should feel a stretch along the back of the leg you are holding.
- Option – Use a belt/towel to pull your leg straight up into the air.

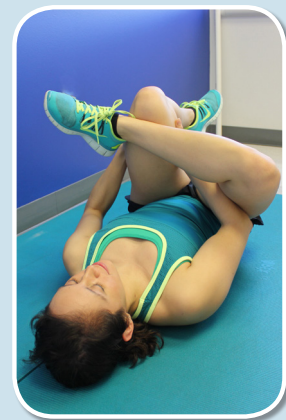
*Hold **45** seconds and repeat on the other side. Do **one** set.



Piriformis (buttocks muscle):

- Start lying on your back.
- Bend one knee and cross the leg over; place your ankle on your knee.
- Reach through the window and grab your bent knee, hugging it to your chest.
- You should feel a stretch along the back of the thigh and into the buttocks.

*Hold **45** seconds and repeat on the other leg. Do **one** set.



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Hip flexor (front of upper leg):

- Start in lunge position with knee resting on the ground.
- Keeping core active and chest up tall, move your hips forward.
- The front knee should not pass in front of your toes.
- You should feel a stretch along the front of the hip and thigh of the leg on the ground.

*Hold **45** seconds and repeat on the other leg. Do **one** set.



Quadriceps (front of upper leg):

- Start in standing with core active.
- Bend one knee so you can grab your ankle with the same-side hand.
- Keeping core active and chest up tall, keep knee pointed at the floor.
- You should feel a stretch in the front of the thigh.

*Hold **45** seconds and repeat on the other leg. Do **one** set.



Gastroc (back of leg below the knee):

- Start in standing with one foot in front of the other and hands on the wall.
- Both feet must be pointed straight ahead.
- Bend front knee, but keep back knee straight and heel flat on the ground.
- A stretch will be felt along the back of the lower leg.
- To increase intensity of stretch, change position by placing a towel along the middle half of the back foot (support the arch).

*Hold **45** seconds and repeat on the other leg. Do **one** set.



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