

HIP & KNEE:

Patient Stretch and Exercise Guide

Hip and Knee stretching should be done with slow and smooth motions. Remember to warm up with gentle stretching before attempting these exercises. Stop if you feel discomfort.



Be sure to consult with Dr. Leipold before attempting any of these stretches. Always remember to warm up before attempting any stretch! Also, it's important to not rush the stretching process. Take your time with each stretch, making deliberate motions, and be sure to follow the exact motions of the stretch in the following diagrams.

Contact Dr Leipold's office at if you have problems or questions. You can reach the front office by dialing 828-575-9631.

ITB Stretch



To stretch your right leg, stand 3ft. away from a wall with your right leg closer to the wall. Cross your left leg in front of your right. Allow your left leg to bend as you lean into the wall, keeping your right leg straight. You should feel a light stretch down the outside of the right thigh. Hold for 15 seconds then relax. Repeat with the other leg.

Glut Stretch

Sit in a chair and cross your right leg over your left knee. With your back straight, hug your right knee and gently pull it towards your chest. You should feel a stretch in your right buttock. Hold for 15 seconds then relax.



Calf Stretch



Stand facing a wall with one foot in front of the other and both feet pointing forward. Keeping both heels on the ground and your back leg straight, lean forward until you feel a light stretch in the calf of your back leg. Hold for 15 second then relax. Repeat with opposite leg.

Squats



Stand with your back straight, your feet shoulder width apart, and your toes pointing forward. Keeping your back straight and abdominals tight, bend into a slight squat. Keep your knees over your toes and let your buttocks shift back. Hold for 3 seconds then slowly straighten. You can also use the wall or chairs to help support yourself.

Lunge



Standing tall with your back straight, take a step forward and bend your front leg into a squat position. Your back should be straight and the knee of your front leg should be directly over the front foot. Hold for 3 seconds, stand up and repeat with other leg.

Seated Adductor Stretch

Sit on the floor with your knees bent and feet together. Bring your knees towards the floor as you gently lean forward, keeping your back straight. You should feel the stretch along the inside of your thighs. Hold for 15 seconds then relax.



Abduction Raises



Lie down on your side. Keeping your upper leg straight, slowly raise it to a 30 degree angle. Hold it there for 3 seconds and then slowly bring it down. An alternative is to place a pillow between your knees and contract by pushing your knees together. Hold for 3 seconds and then relax.

Adductor Stretch



Stand with your legs apart. Slowly bend one knee and gently lean towards the bent leg until you feel a stretch along the inside thigh of the unbent leg. Hold for 15 seconds then relax. Repeat with opposite leg.

Crunches



Lie on your back with your knees bent and your hands held lightly behind your head. Slowly bring your shoulders straight up off the ground as you tighten your stomach muscles. Your head should rest gently on your hands and should not be pulled forward. Hold for 3 seconds then relax.

Calf Raise



Stand with your feet shoulder width apart. Slowly rise onto your toes and hold. Slowly lower your heels back to the ground. To increase difficulty, perform the exercise one leg at a time.

Standing Lunge Stretch



While keeping your back and pelvis in a neutral position, step forward with your right leg. Gently rock your right leg forward until you feel a light stretch down the front of your left leg. Use your stomach muscles to keep your back straight and pelvis neutral. Hold for 15 seconds then relax. Repeat with other leg.

Quadriceps Stretch



Stabilize yourself by placing one arm against the wall or on the back of a chair. Use your other arm to hold the back of your ankle. Gently pull your ankle upward until you feel a light stretch in the front of your thigh. Use your stomach muscles to keep your back straight and your pelvis neutral. Hold for 15 seconds then relax. Repeat with your other leg.

Kneeling Lunge Stretch

Start in a kneeling position on a soft surface. Step your right leg forward while using your core muscles to keep your pelvis and low back in a neutral position. Gently rock forward until you feel a light stretch down the front of your left leg. Hold for 15 seconds then relax. Repeat with other leg.



Hamstring Stretch

Sitting on the floor, stretch out one leg in front of you. Straighten your leg so that the knee is not bent. Slowly bring your chest down towards your knee until you feel a light stretch in the back of your leg. Hold for 15 seconds then relax. Repeat with other leg.

