

Healthy Balance Massage Therapy



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LOWER BODY STRETCHING

Things to remember:

- Keep back straight and shoulders relaxed. Make sure that your shoulders don't end up by your ears and that you aren't slouching.
- Remember to breathe
- If you feel a sharp pain or pain in a joint, ease out of the stretch or change the position a little bit.
- Repeat stretches for both sides when appropriate
- Hold each stretch once you feel the "stretch sensation" and keep it there until that sensation goes away. Timing varies for each person and will vary each time you stretch.
- Try these stretches anywhere! See if you can do them in the car (as a passenger), brushing your teeth, in bed before you get up or before you fall asleep, while studying, reading or watching T.V.



Glutes:

Lie on back and pull one knee to chest.
To increase stretch, cross left ankle over right knee and pull right knee to chest. Can be done seated, on back or standing



Sciatic Pain/Piriformis:

- a) Same stretch as increased Glute stretch.
- b) Seated on floor, place one leg with knee bent in front of body (outside of leg on floor), extend other leg behind you and lean body forwards to provide more of a stretch.
- c) Lie on stomach, bend one knee and slowly drop leg out and away from the center of your body. Keep knee bent and knees together.



Outside of Thigh:

Standing, place one foot behind the other and across the body centerline. Move back leg farther to increase stretch.

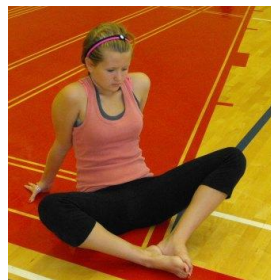


Quads:

Standing, bend knee and grasp ankle (not foot!). Keep ankle to centerline to stretch middle Quads

*Cross body centerline to stretch outer Quads

*Bring ankle out to stretch inner Quads



Inner Thighs:

Seated on floor or lying on back, bend knees and bring the soles of your feet together. Drop knees to floor.



Hamstrings:

Sit on the edge of a chair, extend legs and point toes to ceiling.

*Lie on the floor with your bum near the wall. Bring legs and heels of feet up onto the wall. If stretch is too intense, bring bum farther away from the wall.



Front of Shin:

Sit on heels with feet apart and under bum.



Calves:

Standing and with knee straight, bend ankle up with feet on a wall or stair.

*Repeat but with front knee bent
