

# Family Foot & Ankle Care, P.C.

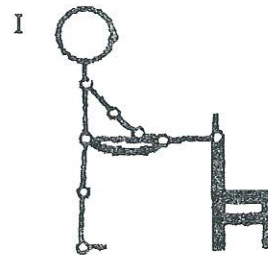
Physicians & Surgeons of the Foot & Ankle

## STATIC FLEXIBILITY EXERCISE

1. If muscles are "cold" warm up first by doing some very light jogging.
2. Stretch before and after exercise, and before going to bed.
3. As movements should be slow and controlled; do not bounce.
4. Hold each position for at least 1 minute.
5. Please check with your doctor before modifying the positioning.

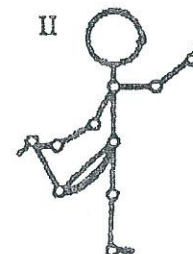
### I. Hamstrings (back side of the thigh)

While standing, place your leg up on an object high enough to stretch the muscle; Point the toes of the supporting foot straight ahead; gradually lean and tuck forward; keep the knee locked and stretch will be in the back of the thigh.



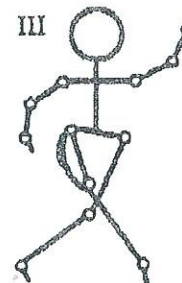
### II. Quadriceps (front side of the thigh)

While standing, grab the front of ankle. Slowly pull your knee and hip back behind the supporting side. Keep knee bent as far as possible. Keep your trunk upright. Stretch should be in front of your thigh.



### III. Tensor Fascia Late (outside of the hip)

Keep your trunk straight. Bend your front knee (closer to wall). Allow your front hip to drop (closer to wall). Force your back hip outward. Stretch should be over your back hip.



### IV. Adductors (inside of thigh)

While sitting on the floor with an immovable object between your knees attempt to bring your knees together. Relax and then try to actively spread your knees further apart; stretch should be felt on the inside of your thighs.



### V. Gastrocnemius (outer calf)

- A. Point your toes inward, rest forearms against a wall. Keeping your back knee straight, lean your hips forward toward the wall.
- B. While sitting on the floor with your knee straight, loop a towel around the ball of your foot. After pulling back with both arms while trying to push your foot into the towel, attempt to pull your toes and ankle up toward your head. Stretch should be felt in your upper calf and behind the knee.



### VI. Soleus (deep to the Gastrocnemius)

Same as Gastrocnemius, but the weight is now on the front leg and that knee is bent, Stretch should be mainly above your heel.

### VII. Low Back

While lying on the floor with your knees pulled up to your chest in a "tucked" position, slowly try to "untuck" by pushing your knees out into your hands: after relaxing, attempt to use your stomach to pull yourself into a higher tuck.

- Chandler Foot & Ankle Center - 600 S. Dobson #D-35, Chandler, Arizona 85224 • (480) 732-0033
- Tempe Foot & Ankle Center - 1855 E. Southern Ave., #2, Tempe, Arizona 85282 • (480) 831-0700
- Sun Lakes Foot & Ankle Center - 10440 E. Riggs Rd., #200, Sun Lakes, Arizona 85248 • (480) 895-8222