

# Hip and Knee Exercises

## Inner thigh/Groin Stretch

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh.

Hold-----Seconds.

Repeat-----Times.

Do-----Sessions per day.



## Hamstring Wall Stretch

Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh.

Repeat-----Times.

Do-----Sessions per day.



## Hip Flexor Stretch

Slowly push pelvis downward while slightly arching back until a stretch is felt on front of hip.

Hold-----Seconds. Repeat-----times.

Do-----Sessions per day.



## Piriformis Stretch

Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body.

Hold-----Seconds. Repeat-----times.

Do-----Sessions per day.



## Tensor Stretch

Cross LEFT RIGHT

Leg over the other, then lean to the -----until a stretch is felt over outside of hip.

Hold-----Seconds.

Repeat-----Times.

Do-----Sessions per day.



## Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

Hold-----Seconds.

Repeat-----Times.

Do-----Sessions per day.



# Cervical Spine Exercises

## Neck Stretch

Grasp arm above wrist and pull downward and across body while gently tilting head.

Hold-----Second. Relax.

Repeat-----Times.

Do-----Sessions per day



## Upper Cervical Rotation Mobilization

Side-bend head as far as possible to RIGHT LEFT  
Turn head into shoulder then up again while maine the side-bent position.

Repeat-----Times per set. Do-----sets per sessions. Do-----sessions per day.



## Levator Spine

Place hand on same side shoulder blade. With other hand gently stretch head and away.

Hold-----seconds. Repeat-----Repetitions/set.

Do-----Sets/session. Do-----Sessions/day.



## Corner Stretch

Standing in corner with hands at shoulder level and feet-----feet from corner, lean forward until a comfortable stretch is felt across chest.

Hold-----seconds.

Repeat-----times.

Do-----times per day.

