



## LOWER EXTEMITY STRETCHING

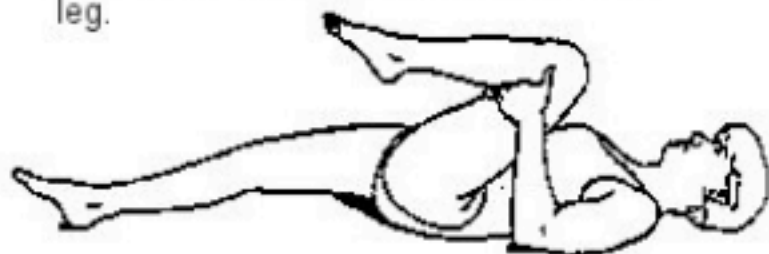
With towel or belt around foot, pull toes toward knee until stretch is felt. If you are more flexible use your hand to pull toes. Repeat with other leg.



With hands on ankle pull head toward knee and hold. Repeat with other leg.



Gently pull knee to chest until stretch is felt. Hold. Repeat with other leg.



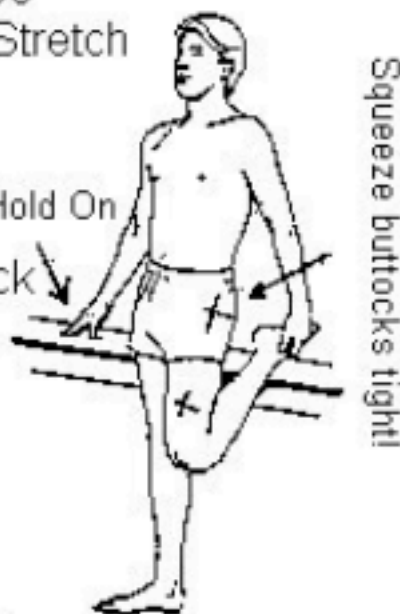
## Iliotibial Band Stretching

Place affected leg on opposite knee. Push down on affected knee and pull up on toes to stretch the iliotibial band.



## Hip and Knee Stretching-Quadriceps Stretch

Always Hold On  
Pull heel towards buttock  
until a stretch is felt  
in front of thigh.



Hold 30 seconds.  
Repeat 4 times.  
Do 2 sessions per day.