



Hughston Health Alert

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Photo by Carol Capers

Calf Stretch ▶

Stand with your hands against a wall, chair, or other sturdy object. Place your left leg behind your right leg. Keep your left leg straight, heel on the floor, and toes pointed straight ahead. Slowly lean forward, bending your right leg. The stretch should be felt in the middle of your left calf. Hold for 15 to 30 seconds and repeat 3 to 5 times on each leg.



Photo by Carol Capers

▲ Hamstring Stretch

Sit with your left leg straight out in front of you and your right leg bent or off the edge of a table. Keeping your back straight and your head up, slowly lean forward at your waist. You should feel the stretch along the back of your left thigh. Hold for 15 to 30 seconds and repeat 3 to 5 times using each leg.



Photo by Carol Capers

◀ Quadriceps stretch

Stand straight with your left knee bent. Hold your foot with your left hand and slowly bring your heel toward your buttocks. The stretch should be felt in the front of the left thigh. Hold for 15 to 30 seconds and repeat 3 to 5 times. Repeat using your right leg and hand.

▼ Iliotibial Band

Sit with your left leg bent and crossed over your straight right leg. Twist your waist away from the right side and slowly pull your left leg toward your chest. The stretch should be felt in the buttock side of your hip. Hold 15 to 30 seconds and repeat 3 to 5 times. Change legs and repeat the stretch keeping your left leg straight.



Photo by Carol Capers

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