

Stretching Leaflet 1



Many sports patients suffer from lower limb injuries that could have been prevented if appropriate stretching of muscles was carried out. This leaflet aims to prepare and alert sports patients to the most common stretches for several groups of muscles in the lower limb.

(Please use with 'Stretching Leaflet 2' for hamstring and calf muscle stretches.)

Why Stretch our Muscles?

Stretching our muscles is important to:

- Increase flexibility.
- Enhance your physical performance and body development.
- Decrease the risk of injury, muscle soreness and tension.

Extensors of the hip

Gluteus Maximus is the major muscle responsible for extending the hip. This is a large and thick muscle which makes up a large portion of the buttocks.

Gluteal Stretch 1



Instructions:

- Lie on your back with your right ankle crossed just below your left knee.
- Reach through to grasp behind the knee of the left leg.

- Gently pull the knee towards you and hold this stretch for 20-30 seconds.
- Keep your back flat on the floor, you should feel the stretch in your right buttock.

REPEAT FOR OPPOSITE LEG

Gluteal Stretch 2



Instructions:

- Sit on the floor, crossing your right foot over the left leg to touch the ground at the knee.
- Use your left arm as a lever to twist the upper body away from the legs.
- Gently apply pressure to the right thigh and hold for 20-30 seconds.
- You should feel the stretch on the outer aspect of your right buttock.

REPEAT FOR OPPOSITE SIDE

Flexors of the Hip

The flexors of the hip include 2 muscles that accompany each other to form Iliopsoas, to aid flexion of the hip. They attach to the front of the hip and leg.

Iliopsoas Stretch 1



- Begin in a forward lunge position.
- Drop your back knee to the floor.
- Push your hips forward and down towards the ground, resting the hands on your knee for balance.
- Keep your back straight and hold for 20-30 seconds.
- You should feel the stretch in the front of your hip and thigh.

REPEAT FOR OPPOSITE LEG

Quadriceps Muscles

The quads are made up of a group of 4 muscles acting together to extend the lower leg at the knee joint. The group of muscles give definition to the front of your thigh above the knee. Together they are strong acting to lift your foot off the ground. Common injuries of the quad muscles include tears and strains causing localised inflammation and tenderness.

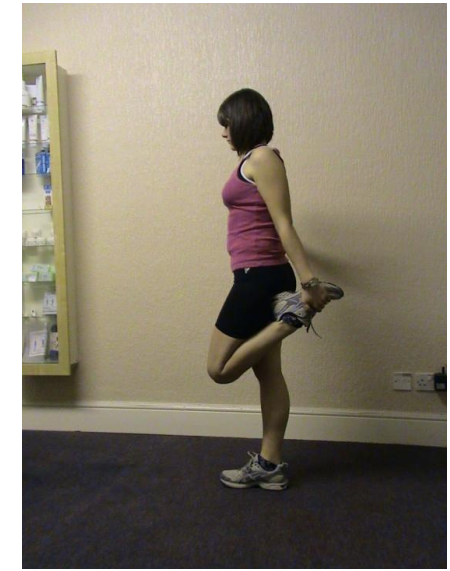
Quadriceps stretch 1



- While standing, place your left foot behind.
- Bend your right knee to lunge forward.
- Keep your back straight and lean forward at the waist to feel the stretch on the right thigh.
- Hold for 20-30 seconds.

REPEAT FOR OPPOSITE LEG

Quad Stretch 2



- Standing on one leg, bend the knee of the other leg.
- Grasp the foot and pull towards your buttock.
- Hold for 20-30 seconds keeping your back straight.

REPEAT FOR OPPOSITE LEG

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