

lee chiropractic clinic

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Thigh Stretches and Strengthening

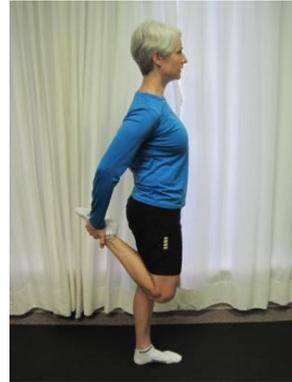
Hold stretches for 30 seconds and repeat 1- 5 times on each side.

Stretch

1. Quadriceps

Carefully balance on one leg. If needed, you can hold onto something for support initially. Eventually, make it your goal to balance with no outside support. Raise your heel towards your buttock.

- Hold foot/ankle with hand, or
- Put a looped towel or strap around ankle, or
- Put your foot on a chair behind you



Keep knee pointing down, be tall through your hips and keep your thighs parallel.

For a second stage, stretch a further 30 seconds while in above position and add a pelvic tilt, to deepen the stretch at the front of the hip.

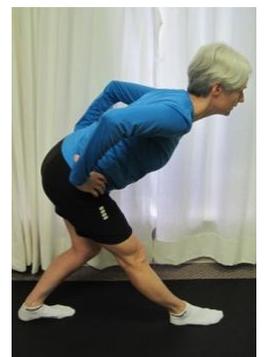
2. Hamstrings

This muscle can be stretched many ways. The point is to have the hip flexing and the knee aiming to be straight. It helps to contract the front thigh muscles (quadriceps) to help loosen the back thigh muscles (hamstrings).

Variation A: Foot up in front of you on a raised item and lean forward with torso while keeping hips square and buttocks tipped out.



Variation B: In a lunge position, lean torso forward over front leg, keeping front knee straight. Keep hips forward and buttocks tipped out.



Variation C: Lie on back on floor and keep one leg out straight on floor. Use a belt or yoga strap around foot of leg to be stretched, keeping that thigh perpendicular to your body and slowly straighten knee as much as possible.



Strength

1. Squats with Ball:

Place an exercise ball behind you, just above your hips, between you and a wall. Lean back into the ball and trust your weight with it. Step both feet forward 20 to 30cm. Lower and raise your hips into a squat, bending your knees to 90°, keeping your knees over your ankles.

a. Do with 2 feet.

b. Do with 1 foot, with that foot centered to your chest and nose.

Repeat 10+ times.



2. Hamstring Curls with Ball:

Lay on your back, knees and hips bent to 90°, lower legs to rest on the ball. Position heels on the center top of ball and roll legs out so body is a straight plank. Curl ball in towards buttocks, keep hips raised and high.

Return to start and repeat 10+ times.

