

Stretching Exercises for Your Hips and Knees

If you prefer, the exercises done lying on the floor can also be done on a firm, sturdy table.

Do the exercises _____ times a day with Right leg Left leg Both legs

Repeat each exercise _____ times.

Hold each position for _____ seconds.

- Sit on the floor and bend your knees to bring your heels together. Your back should be straight.

With your hands around your toes, pull your feet toward your body until you feel a stretch in your upper legs.

Hold, then relax and repeat.



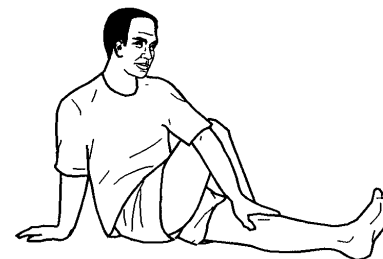
- Sit on the floor with your legs out straight. On one side, rest back against your hand on the floor for support.

Cross one leg over the other leg, so your foot is near the knee.

Place your other arm over your bent leg and place your hand on the knee of the straight leg.

Push the arm against your bent knee until you feel a stretch in your buttocks.

Hold, then relax and repeat.



- Sit on the floor with one leg out straight. Bend the other leg and pull your foot up near your groin.

Reach your hands out along your straight leg until you feel a stretch at the back of your upper leg.

Hold, then relax and repeat.

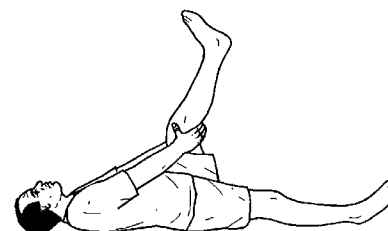


- Lie on your back with your legs out straight.

Raise your leg up and put your hands around the upper leg for support.

Slowly straighten the raised knee until you feel a stretch in the back of the upper leg.

Hold, then relax and repeat.



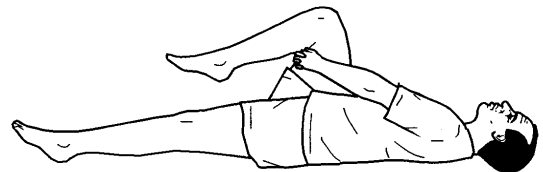
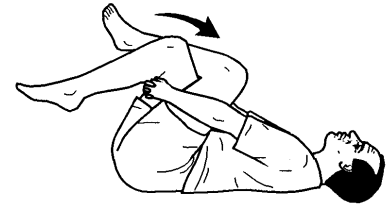
- Lie on your back on the floor. Cross your legs.

Bend your knees and reach your hands around your knees.

Pull your hands to bring the knee towards your chest until you feel a stretch in your hip or buttocks.

Hold. Relax and then repeat.

Option: This exercise can also be done with one leg straight.



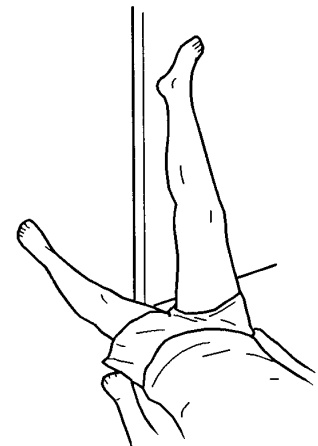
- Lie on your back near a doorway or corner. Put your leg up against the wall with the other leg straight on the floor.

Slide your buttocks toward the wall until you feel a stretch in the back of your upper leg.

Hold and then slide your buttocks closer to the wall as your leg relaxes.

Scoot your buttocks back and take your leg down.

Relax and then repeat.

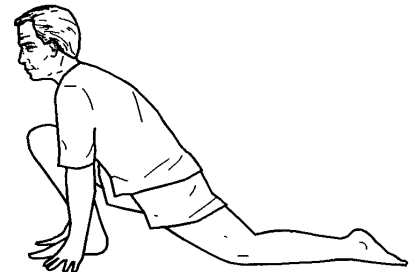


- Squat down and use your fingertips for support.

Straighten your leg out towards the back.

With your chin up and your back slightly arched, push your hips down until you feel a stretch at the front of your hip.

Hold, then relax and repeat.



- Stand near a sturdy chair or stool. Place your foot on the chair or stool.

Slide your hands down your leg as you lean forward until you feel a stretch in the back of your upper leg.

Hold. Relax, then repeat.



- ❑ Stand with your hands on your hips. Cross your one leg over, in front of the other leg.

Lean to the side of the front leg and feel the stretch on the outside of your hip.

Hold. Relax and then repeat.

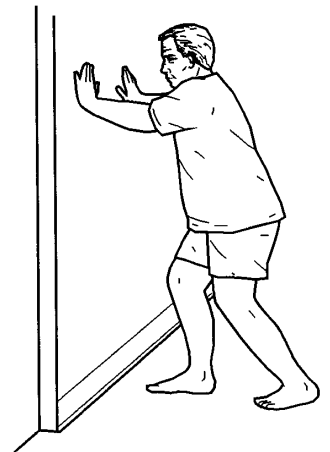


- ❑ Stand facing the wall with your feet about 18 inches from the wall. Place your hands on the wall at shoulder height. Step your foot back with the knee bent and the heel on the floor.

Your other leg will be bent at the knee.

Lean into the wall until you feel a stretch in your lower leg or calf.

Hold, then relax and repeat.



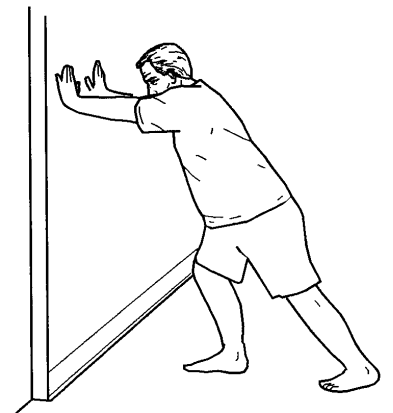
- ❑ Stand facing the wall with your feet about 18 inches from the wall. Place your hands on the wall at shoulder height.

Step your foot back with the leg straight and the heel on the floor.

Your other leg will be bent at the knee.

Keeping your back leg straight, lean into the wall until you feel a stretch in the back of your lower leg.

Hold. Relax and then repeat.



If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.