



Things to keep in mind while performing stretches:

- Hold each stretch at the point of resistance for 60 seconds. Perform stretches daily.
- Don't force stretch past the point of resistance.
- Move joint in a slow but steady motion to avoid increased pain or spasticity.
- To prevent caregiver injury, remember to watch body mechanics. Adjust the height of the bed or change position to avoid leaning or reaching. Keep leg close to caregiver's body and allow body to assist with motion.

### Calf Stretch

Cup the heel in caregiver hand and align forearm along the foot. Use body weight to lean forward into the ball of the foot to stretch the back of the ankle.



### Hip Abduction

Supporting at the knee and ankle, hold the knee straight and slide the leg out to the side. Opposite leg should not move.



**Hamstring Stretch**

Supporting at the knee and ankle, slowly lift the leg to rest on caregiver's shoulder. Lift the leg further by raising up from kneeling and/or moving caregiver body forward. Try to rest the weight of the leg on the caregiver's trunk.



As an alternative, hold leg at knee and ankle as stretch is performed.

**Knee to Chest**

Support the leg at the knee and ankle. Keeping leg in line with hip, bend knee while bringing leg towards chest.





**Internal Rotation**

Supporting at the knee and ankle, bend the leg so the knee is positioned directly over the hip. While stabilizing in this position, turn the leg so the foot is rotated away from the body.



**External Rotation**

Supporting at the knee and ankle, bend the leg so the knee is positioned directly over the hip. Turn the leg so the foot is rotated towards the body.



**Piriformis Stretch**

Bend the knee and place the foot next to the opposite knee. Place one hand on the hip to keep the hips from turning while pressing the knee toward the other side of the body.





### Groin Stretch

Bend the knee and place the foot next to the opposite knee. Slowly lower the knee to the side and down towards bed. Apply gentle pressure downwards.



### Hip Flexor Stretch

While positioned on the side, lift the top leg and bend the knee, supporting in one arm. Block the hip with the other arm while pulling back on the leg.

