



Things to consider while performing stretches:

- Hold each stretch at the point of resistance for 30-60 seconds. If muscles are tight or motion is limited, hold for a full 60 seconds. Perform stretches daily.
- Do not force stretch past the point of resistance.
- Move joint in a slow but steady motion to avoid increased pain or spasticity.
- May consider performing stretches more than once a day to address increased tightness or spasticity
- Recommend performing these stretches in the following order to be able to transition from position to position with greater ease (see video).
- If unable to complete stretches independently, do not hesitate to ask for assistance from a caregiver for any aspect of the program.
- If loops are unavailable, below are other options:
  - Gait/transfer belt
  - Yoga strap
  - Sheet or large towel

### Calf Stretch

Place the loop around the ball of the foot with the leg straight. Pull back on the foot, but do not lift the leg up.



### Hip Abduction

Place the loop on the middle of the foot and move the leg out to the side.





### Hamstring Stretch

Place the loop on the middle of the foot. Pull the leg straight up and off the bed. Be ready to place opposite hand on knee to prevent buckling. Continue to lift leg as knee is stabilized.



### Knee to Chest

Support the knee with one hand and lower foot with the other. Use hands or loops to pull knee to chest.



### Piriformis Stretch

Lower the foot and place next to opposite knee. Pull knee across the body, stopping if the hips start to turn.





**Groin Stretch**

Keep the foot next to the opposite knee. Lower the knee towards the bed. May add gentle pressure with the hand to increase the stretch.

