

Hemophilia and Thrombosis Center
University of North Carolina at Chapel Hill
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www.med.unc.edu/htcenter
After hours/weekend call
Hematologist on call: 984-974-1000

Lower Body Stretches

General Stretching Tips:

1. If your body does not have enough flexibility to perform the below stretches as demonstrated, work within your range of motion or contact your HTC PT and they will guide you on how to adapt this stretch for you.
2. When you are stretching, if you feel “a stretch” it should never go above a 2/10 on a 1-10 scale. Stretching should always be gentle and never cause pain.
3. Hold a stretch for the desired length of time with the same amount of tension. Do not bounce.
4. “When should I stretch?” is commonly asked. Stretching is relaxing. It is best to stretch when first waking up to help with decreasing stiffness and being “ready for the day” or after activity/exercising to encourage muscles to relax.

Seated Hamstring Stretch

Start

End



Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent. Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg.

Hold the position for 30 seconds and repeat 3 times.

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Standing Calf Stretch

Start



End



Stand and place one foot against the wall.
Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight.
Keep the torso upright and push the hips forward to feel a stretch in the calf.
Hold the position for 30 seconds and repeat 3 times.

Hip Flexor Stretch

Start



End



Stand at the edge of the bed/table and place your buttocks up against the edge.
Grabbing one knee, lean back and lie down on the bed/table.
You can hold your leg behind your thigh as well if on your shin is not comfortable.
Holding the knee to your chest, let the other leg relax as much as possible.
Hold the position for 30 seconds and repeat 3 times.
Repeat on the other side.

Jennifer Newman, PT
919-966-4736 ext 4
Updated 4/21/2020
All pictures from Physiotec.org

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Standing Anterior Hip Stretch (Iliopsoas Stretch)

Start

End



Stand upright at the edge or corner of a wall with one half of the body against it. Extend the leg that is not against the wall back to stretch the hip flexors. Maintain a normal lumbar spinal curve and use the wall as a cue for maintaining a good posture. The foot of the non-stretched leg can be slightly in front to help with the postural alignment and balance. Hold the position for 30 seconds and repeat 3 times. Repeat on the other side.

Iliotibial Band Stretching:



There are multiple ways to stretch the outside of your hip. Some are pictured above.. The classic stretch is described here.

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Start



End



Stand next to a wall with the involved leg toward the wall.
Cross over the uninvolved leg in front and push your hips towards the wall until you feel a stretch on the side of your thigh and buttocks.
Keep the foot of the stretched leg pointed forward or, if possible, slightly toward the wall.
Hold the position for 30 seconds and repeat 3 times.
Repeat on the other side.

Hip Adductor Stretch (Groin Stretch)

Start



End



Sitting with your legs extended.
Bend your knees towards you while keeping your feet together.
Let your knees fall out to the sides.

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You should feel a stretch in the groin region.
To increase the stretch, place your elbows on your knees and push down. You can also sit with your back against a wall and press your pelvis against the wall for support.
Hold the position for 30 seconds and repeat 3 times.

Piriformis Stretch (if bending knee(s) are difficult)

Start

End



Sit on a chair and place the foot over the opposite lower leg.
Let the knee fall to the side and push lightly on it to open the leg, while keeping your back straight.
You should feel a comfortable stretch in your buttock.
Hold the position for 30 seconds and repeat 3 times.
Repeat on the other side.

Piriformis Stretch

Start

End



Cross the legs with the leg to be stretched on top.

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Gently pull the lower knee toward the chest with your hands placed under the knee until a stretch is felt in the buttocks.

Hold the position for 30 seconds and repeat 3 times.

Repeat on the other side.