

Fixing Feet Institute

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STANDARD STRETCHES FOR LEGS AND HIPS

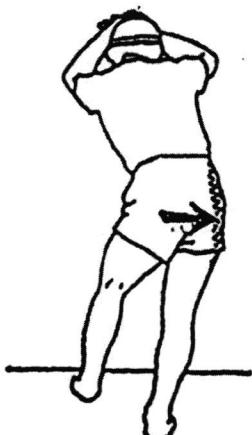
This series of stretches will help your walking and running. It will give flexibility and energy to the legs. All of the stretches can be done standing up.



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, head resting on hands. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping the lower back flat. Be sure to keep the heel of the straight leg on the ground, with toes pointed straight ahead or slightly turned in as you hold the stretch. Hold an easy stretch for 30 seconds. Do not bounce. Stretch the other leg.



To create a stretch for the calf and Achilles tendon, lower your hips downward as you slightly bend your knee. Be sure to keep your back flat. Your back foot should be slightly toed-in or straight ahead during the stretch. Keep your heel down. This stretch is good for developing ankle flexibility. Hold stretch 25 seconds. The Achilles tendon area needs only a *slight feeling of stretch*.



To stretch the outside of the hip, start from the same position as in the calf stretch. Stretch the right side of your hip by slightly turning your right hip to the inside. Project the side of Your right hip to the side as you lean your shoulders very slightly in the opposite direction of your hips. Hold an even stretch for 25 seconds. Do both sides. Keep foot of back leg pointed straight ahead with heel flat on the ground.



Tendon stretch: Stand with both feet on a step or phone book, with your heels extending beyond the edge of the step. You may want to hold onto something to keep your balance as you shift your weight towards your heels and gently stretch the muscles and tendons in the back of your lower leg.