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# STRETCHING MANUAL

# UPPER TRAPEZIUS STRETCH - SUPINE



**This stretch is used to improve range of motion in cervical rotation and flexion and shoulder depression.**

1. The stretcher is supine. Help him rotate his head to the right as far as possible without pain, then tuck his chin as far as possible. If the right shoulder interferes with this motion, have the stretcher pull it down, away from the head. The stretcher also pulls his left shoulder down away from his head. This starting position lengthens the left upper trap to its pain-free end range.
2. Place your left hand at the stretcher's occiput, fingers pointing toward the ceiling. Place your right hand on his left shoulder. Ask the stretcher to begin slowly to push against both of your hands, as if bringing the back of his head and his left shoulder together. You provide matching resistance for this isometric contraction, being sure that the client is pushing equally from both ends and breathing normally throughout.
3. After the isometric push, the stretcher relaxes and breathes in. As he relaxes, maintain the head in the starting position.
4. On the exhale, the stretcher rotates his head farther to the right, tucks his chin more (if possible), and pulls his left shoulder farther away from his head. This deepens the upper trapezius stretch.
5. Repeat 2 to 3 times.



# STERNOCLEIDOMASTOID STRETCH - SUPINE



**This stretch is used to improve rotation of the head and neck.**

1. The stretcher is supine. Keeping his neck lengthened, help him rotate his head to the right as far as possible without pain. This starting position lengthens the right SCM to its pain-free end range.
2. Cradle the stretcher's head in your right hand; place your left hand just above his left ear (figure 6.4). Ask the client to begin slowly to attempt to rotate his head to the left. He is not trying to lift his head from the table. You provide matching resistance for this isometric contraction, being sure that the client is breathing normally throughout.
3. After the isometric push, the stretcher relaxes and breathes in. As he relaxes, maintain the head in the starting position.
4. On the exhale, the stretcher rotates his head farther to the right, deepening the stretch on the right SCM.
5. Repeat 2 to 3 times.



# SCALENE STRETCH - SUPINE



**This stretch is for improving lateral flexion of the head and neck.**

1. The stretcher is supine. Help him laterally flex his head and neck to the left as far as possible without pain. Prevent him from adding rotation to the motion by asking him to keep his nose pointed directly at the ceiling. He also pulls his right shoulder away from his head. This starting position lengthens the right scalenes to their pain-free end range.
2. Place your left hand on his head just above his right ear. Place your right hand against his right shoulder to anchor it in place. Direct the stretcher to begin slowly to push against your left hand, as if he is trying to bring his right ear directly to his right shoulder. Be sure he does not add rotation to his effort. He does not push up with his shoulder because we're using the shoulder to anchor the ribs, which are the distal attachment of the scalenes. You provide matching resistance for this isometric contraction, being sure that the stretcher is breathing normally throughout.
3. After the isometric push, the stretcher relaxes and breathes in. As he relaxes, maintain the head in the starting position.
4. On the exhale, ask the stretcher to bring his left ear closer to his left shoulder, being sure to keep his nose pointed directly at the ceiling. This deepens the stretch of the right scalenes.
5. Repeat 2 to 3 times, then help the stretcher reposition his head to do the same stretch for the left scalenes.



# LEVATOR SCAPULA STRETCH - SUPINE



## **This stretch helps improve head and neck flexion.**

1. The stretcher is supine. Point out the origin, insertion, and path of the left levator scapula to him. Standing at his head, place your left hand against the superior angle of his left scapula and push it away from his head. Stabilize your left arm against your left hip, being aware of your posture. This fixes the scapular attachment of the levator. With your right hand holding at the occiput, help the client flex his head and neck to touch his chin to his chest. From this position, rotate the head approximately 45 degrees to the right to fully lengthen the left levator scapula. This is an approximate starting position because some stretchers may not feel the stretch here. You will need to play with the positioning until the stretcher can feel the stretch along the path of the levator. This is the pain-free end range. Once you've found the right position, you may find it more comfortable to use the back of your right hand or your torso to support his head.
2. From this position, direct the stretcher to begin slowly pushing his head and neck back toward the left corner of the table. You provide matching resistance for this isometric contraction, being sure that the client is breathing normally throughout.
3. After the isometric push, the stretcher relaxes and breathes in. As he relaxes, maintain the head in the starting position.
4. On the exhale, ask the client to flex his head and neck to bring his chin closer to his chest. Maintain the rotational component. This increases the stretch of the left levator scapula.
5. Repeat 2 to 3 times, then help the client reposition his head to do the same stretch for the right levator scapula



# BACK EXTENSORS STRETCH - SEATED



**This stretch is used to improve trunk flexion.**

1. The stretcher is seated at the edge of the treatment table (or on the floor), with her knees slightly bent (to relax the hamstrings) during this stretch. She leans forward as far as possible by contracting the rectus abdominis and psoas. The stretcher focuses on bending from the hips and not "stooping" in her upper back. She keeps her head in line with her spine or may drop her chin to her chest. This lengthens her back extensors to their pain-free end of range.
2. Place both hands on the stretcher's lower back to provide resistance to the isometric contraction of the back extensors.
3. Direct the stretcher to begin slowly to attempt to extend her spine, isometrically contracting the back extensors. She focuses on the part of her spine where your hands are. The stretcher does not use her arms to push back.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the spine in the starting position.
5. On the exhale, the stretcher contracts her rectus abdominis and psoas to bend farther forward, deepening the stretch of the back extensors. Remind the stretcher to keep her back lengthened and bend from the hips.
6. Repeat 3 to 5 times, each time moving your hands farther up the back. As your hands move up her back, she moves the focus of her isometric contraction to match. Once the focus of the isometric contraction has moved to the midback and upper back, the stretcher may "stoop" and pull her chin to her chest during the stretching phase to fully lengthen the extensors of the midback and upper back area.



# TRUNK ROTATORS STRETCH - SEATED



## **Twisting to the right stretches the right external oblique and the left internal oblique.**

1. The stretcher is seated on the table, with his knees bent and legs hanging over the side. This position stabilizes the hips. Keeping his spine lengthened and without arching his back, he twists to the right as far as he can, keeping his nose in alignment with his sternum (this neutral position is more comfortable). This position lengthens the left trunk rotators to their pain-free end range.
2. Reach under the stretcher's right arm to place your right hand on his anterior shoulder. Place your left hand on his left scapula, near the infero-medial border. Ask him to begin slowly to twist back to the left, keeping his head in neutral. Be sure he is twisting from his trunk and not just pushing back with his shoulder. You provide matching resistance for this isometric contraction, being sure that the client is breathing normally throughout.
3. After the isometric push, the stretcher relaxes and breathes in. As he relaxes, he maintains his torso in the starting position.
4. On the exhale, ask him to rotate farther to the right, keeping his head in neutral and his spine lengthened. This increases the stretch of the left trunk rotators.
5. Repeat 2 to 3 times, then reposition the client to do the same stretch for the left trunk rotators.



# RHOMBOID STRETCH - SUPINE



**This stretch is used to improve scapular protraction (movement of the scapula away from the midline).**

1. The stretcher is supine. With his right arm flexed at the elbow, he brings his humerus across his chest as far as possible. He may assist this motion by pulling with his left hand. He does not roll his torso up to the left. The lengthens the right rhomboids to their end range.
2. Stand facing his right side. Place your right hand on his right humerus at the elbow. Reach under his back so that your left hand is in firm contact with the body of the right scapula and so that your left fingers grasp its medial border. Ask the stretcher to begin slowly to try to pull his scapula toward his spine. You provide matching resistance for this isometric contraction, being sure that the client is breathing normally throughout. Be sure he engages his rhomboids and is not just pushing from his arm.
3. After the isometric push, the stretch relaxes and breathes in. As he relaxes, maintain the scapula and arm in the starting position.
4. On the exhale, ask him to pull his arm farther across his chest, protracting the scapula farther away from the spine and increasing the rhomboid stretch.
5. Repeat 2 to 3 times.



# QUADRATUS LUMBORUM STRETCH - SIDE LYING



**The quadratus lumborum has fibers that run vertically and in two diagonals. This stretch is primarily for the vertical fibers, which make up the bulk of the muscle. It works best if the hip abductors are stretched first.**

1. The stretcher is lying on his left side, with his back at the edge of the table and his right leg hyperextended and hanging over the edge of the table. Be sure he keeps his hips stacked vertically on top of each other. He reaches his right arm up over his head. This lengthens the right QL. If the stretcher experiences any low back pain in this position, he may bend forward from the waist to round his low back while keeping his leg hanging off the edge of the table.
2. Stand behind the stretcher to keep him from falling off the table! Cross your arms and place your left hand against his right iliac crest; your right hand is spread wide and placed on the lateral aspect of his rib cage.
3. Stretcher education begins now. Your goal is to have him contract the right QL by bringing the hip and the ribs toward each other. He is side bending and "hiking" his hip at the same time. Many people have difficulty doing this, so you may need to break the motion into separate components and work with him until he can do each motion separately, then combine them. Be patient and creative.
4. Once the stretcher can perform the motion, ask him to begin slowly to try to bring the top of his hip and his rib cage toward each other. You apply matching resistance to prevent any motion from occurring. You control the force of the push.
5. After the isometric push, the stretcher relaxes and inhales deeply. As he relaxes, allow his leg (and his hip) to drop toward the floor.
6. On the exhale, ask the client to pull his foot closer to the floor and reach farther up over his head to increase the stretch on the right QL.
7. Repeat 2 to 3 times



# LATISSIMUS DORSI STRETCH - PRONE



**This stretch mimics the "lat pull-down" used to strengthen the lats and is used to increase range of motion in flexion and external rotation of the humerus.**

1. The stretcher is prone on the table, with his arms outstretched (in the "diving" position) and externally rotated. This position lengthens the lats to their end range.
2. Using a stable front-to-back stance, grasp the stretcher's arms or wrists securely. Direct the stretcher to begin slowly to try and pull his arms toward his feet and rotate them internally, engaging the lats bilaterally.
3. After the isometric pull, the stretcher relaxes and breathes in.
4. On the exhale, ask the stretcher to reach farther forward (away from his feet) and rotate his arms more laterally, deepening the stretch of the latissimus dorsi.
5. Repeat 2 to 3 times



# PECTORALIS MAJOR STRETCH - PRONE



**Stretching the pectoralis major can improve range of motion in horizontal abduction, flexion, extension, and external rotation of the humerus, depending on which fibers of the muscle are emphasized during the stretch.**

1. The stretcher is prone, with his face resting in the face cradle, or his head turned to one side if no face cradle is available. His right arm is abducted to 90 degrees and externally rotated, with the elbow bent to 90 degrees. His upper arm rests on the table. Stand at the right side of the table and ask the stretcher to lift his right arm toward the ceiling as high as possible, keeping the forearm horizontal. As he lifts, make sure he does not lift his sternum off the table, which would indicate that he is rotating his trunk. This starting position lengthens the right pectoralis major to its pain-free end range.

By changing the angle of abduction of the arm, you can emphasize different fibers of the pectoralis major. Less abduction (45 degrees) focuses on the clavicular head; more abduction (135 degrees) focuses more on the lower fibers of the sterno-costal head.

2. Support the stretcher's right arm from the elbow to the hand using your right forearm and hand. Ask the stretcher to begin slowly to attempt to bring his arm down and across his chest, leading with the elbow, isometrically contracting the pectoralis major.

3. After the isometric push, the stretcher relaxes and breathes in. During this time, maintain the arm in the starting position.

4. On the exhale, ask the stretcher to lift his arm higher, keeping the forearm horizontal and his sternum to the table.

5. Repeat 2 to 3 times.



# BICEPS STRETCH - SUPINE



**This stretch is for improving the range of elbow and shoulder extension.**

1. The stretcher lies supine with his right shoulder at the edge of the table. His right elbow is straight, and his shoulder is extended as far as possible. His forearm is in neutral, neither supinated nor pronated (the palm faces inward). This position lengthens the bicep to its end range.
2. Offer resistance to the isometric contraction of the biceps by placing your left hand against his right forearm. Use your right hand to stabilize his shoulder.
3. Direct the stretcher to begin slowly to attempt to flex his right shoulder and elbow, isometrically contracting the biceps brachii. ("Try to bring your hand toward the ceiling.")
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, the arm may drop toward the floor or be maintained in the starting position.
5. On the exhale, the stretcher contracts the triceps to extend the arm farther, deepening the biceps stretch.
6. Repeat 2 to 3 times



# TRICEPS STRETCH - PRONE



**This stretch is used to improve flexion at the shoulder with the elbow bent.**

1. The stretcher is prone, with his head resting in the face cradle or turned to the side. He flexes his right shoulder and elbow to place his right hand on his right scapula. He keeps his arm as close to his ear as possible. This lengthens the triceps to its end range.
2. Place your hand against the stretcher's posterior elbow and ask him to begin to push slowly against you, attempting to bring his elbow toward the floor, isometrically contracting the triceps.
3. After the isometric push, the stretcher relaxes and breathes in. During this time, maintain the arm in the starting position.
4. On the exhale, ask the stretcher to reach farther down his back, keeping his arm close to his ear, deepening the triceps stretch.
5. Repeat the sequence 2 to 3 more times



# SUBSCAPULARIS STRETCH - SUPINE



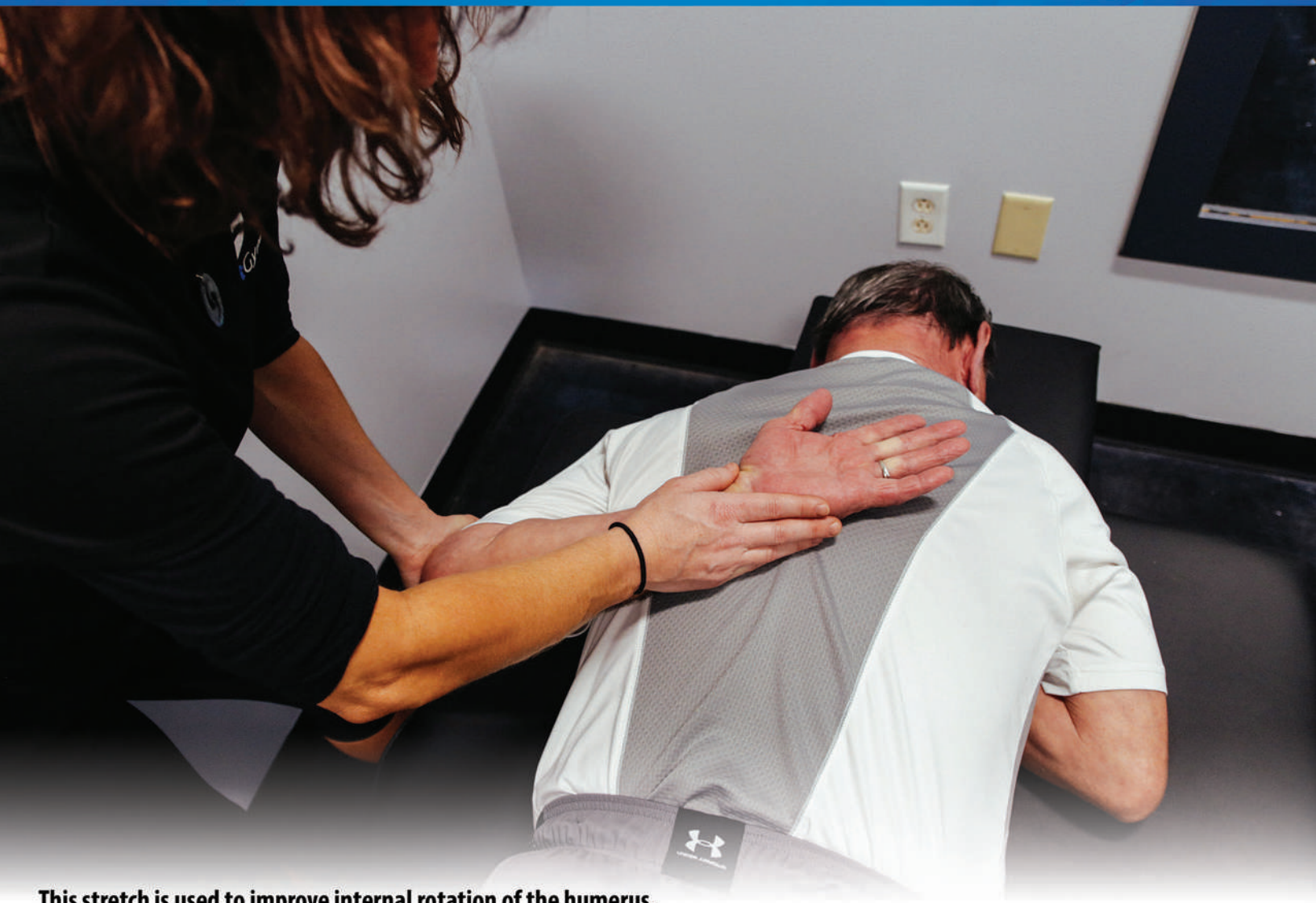
**This stretch is used to improve external rotation of the humerus.**

1. The stretcher is supine with her shoulder abducted to 90 degrees and her elbow flexed to 90 degrees. Her arm is externally rotated as far as possible and her upper arm is resting completely on the table. This lengthens the subscapularis to its pain-free end of range.
2. Offer resistance to the isometric contraction (no movement) of the subscapularis by placing one hand under the stretcher's elbow and the other hand over her wrist.
3. Direct the stretcher to begin slowly to attempt to internally rotate her humerus, isometrically contracting the subscapularis. ("Try to push your wrist toward the ceiling.")
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the arm in the starting position.
5. On the exhale, the stretcher contracts the infraspinatus to externally rotate the humerus farther, deepening the subscapularis stretch.
6. Repeat 2 to 3 times



# INFRASPINATUS AND TERES MINOR STRETCH

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**This stretch is used to improve internal rotation of the humerus.**

1. The stretcher lies prone with his shoulder abducted to 90 degrees and his elbow flexed to 90 degrees. His arm is internally rotated as far as possible and his upper arm is resting completely on the table. (The prone position helps prevent his shoulder from rolling forward, which would give a false impression of the range of internal rotation.) This position lengthens the infraspinatus to its pain-free end of range.
2. Offer resistance to the isometric contraction of the infraspinatus by placing one hand over the stretcher's elbow and the other hand under his wrist.
3. Direct the stretcher to begin slowly to attempt to externally rotate his humerus, isometrically contracting the infraspinatus. ("Try to push your wrist toward the floor.")
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the arm in the starting position.
5. On the exhale, the stretcher contracts the subscapularis to internally rotate the humerus farther, deepening the infraspinatus stretch.
6. Repeat 2 to 3 times.



# WRIST FLEXOR STRETCH - SUPINE



**This stretch is used for increasing extension at the wrist.**

1. The stretcher is supine, with her right elbow straight and her wrist and fingers extended as far as possible. This lengthens the right wrist (and finger) flexors to their pain-free end range.
2. Place the palm and fingers of your left hand over the palm and fingers of the stretcher's right hand, matching thumb to thumb and finger to finger. Your other hand stabilizes the stretcher's wrist and forearm.
3. Direct the stretcher to start slowly to try to flex the wrist and fingers (including the thumb), isometrically contracting the flexors.
4. After the isometric push, the stretcher relaxes and breathes in. During this time, maintain her wrist and fingers in the starting position.
5. On the exhale, the stretcher contracts the wrist and finger extensors, deepening the wrist flexor stretch. You may gently assist to deepen the stretch by pushing on the stretcher's fingers.
6. Repeat 2 to 3 times



# WRIST EXTENSOR STRETCH - SUPINE

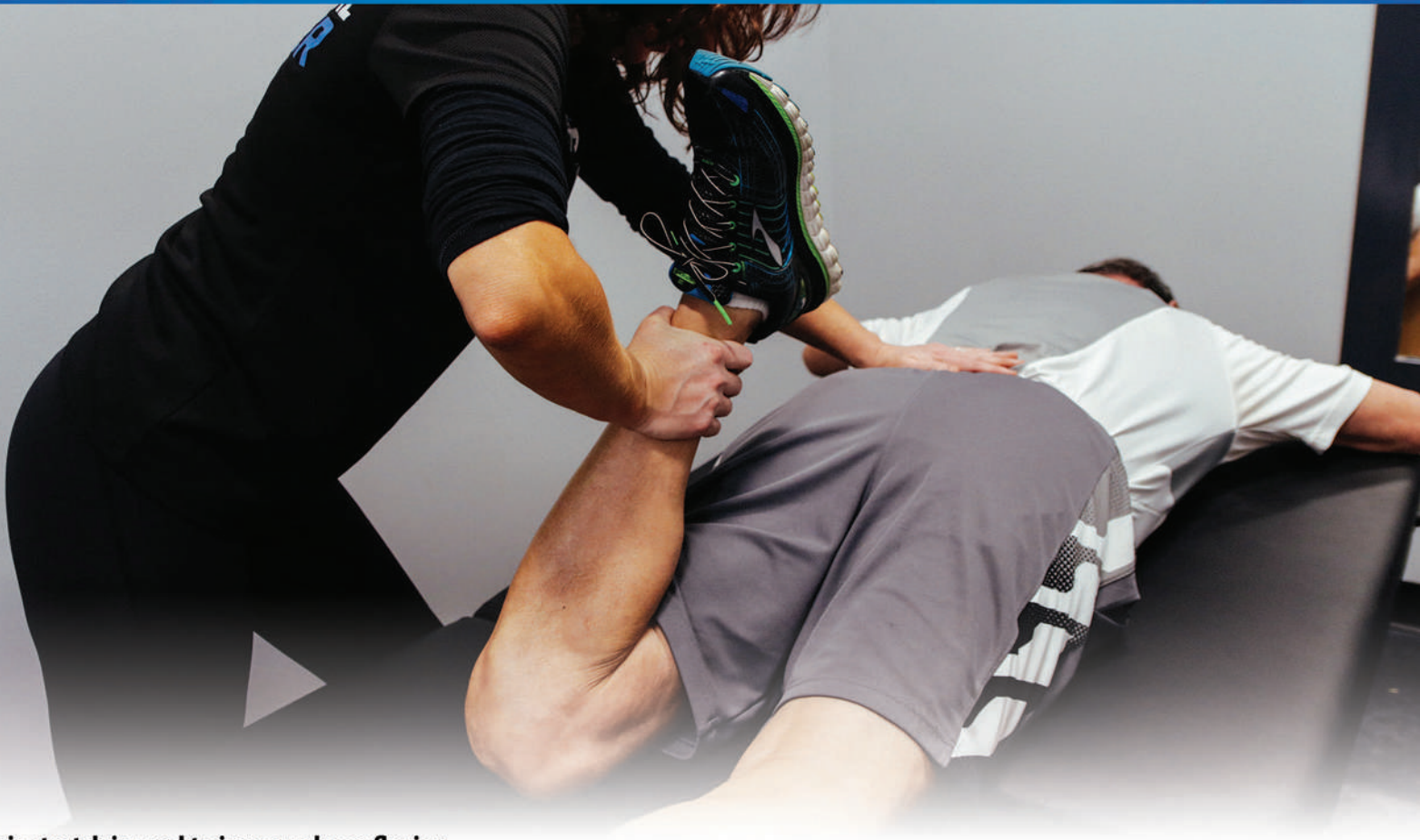


**This stretch is used for increasing wrist and finger flexion.**

1. The stretcher is supine, with her right elbow straight and her wrist and fingers flexed as far as possible. This lengthens the right wrist (and finger) extensors to their pain-free end range. (The stretcher should fully flex her wrist first, and then curl her fingers as far as possible. If she makes a fist first, this limits her wrist flexion, which we want to optimize.)
2. Wrap your right hand over the stretcher's fist, matching thumb to thumb and finger to finger. Your other hand stabilizes the stretcher's wrist and forearm.
3. Direct the stretcher to start slowly to try to extend the wrist and fingers (including the thumb), isometrically contracting the extensors.
4. After the isometric push, the stretcher relaxes and breathes in. During this time, maintain her wrist and fingers in the starting position.
5. On the exhale, the stretcher contracts the wrist and finger flexors to deepen the flexor stretch. You may gently assist to deepen the stretch by pushing on the stretcher's fingers.
6. Repeat 2 to 3 times.



# QUADRICEPS STRETCH



**This stretch is used to improve knee flexion.**

1. The stretcher lies prone, with the knee flexed as far as possible. Because of the bulk of the hamstrings and calf muscles, you may gently push against the leg to bring the heel closer to the buttocks. Push only until the stretcher feels the quads beginning to stretch. This is the pain-free end of range. If this position causes any low back discomfort, stop and place a pillow under the stretcher's hips to reduce the stress on the low back and begin again. Or, you may want to have the stretcher contract his abdominal muscles to stabilize and flatten his low back. This position can also eliminate low back discomfort.
2. Position yourself to offer resistance to the isometric contraction of the quads by placing your hands or shoulder against the stretcher's shin. The stretcher must keep his hips flat on the table (or on the pillow) during the entire sequence. You may need to work with the stretcher on body awareness until he is able to stabilize his hips properly before performing this stretch.
3. Direct the stretcher to begin slowly to try to straighten his leg, isometrically contracting the quads.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the leg in the starting position.
5. On the exhale, the stretcher contracts the hamstrings, and you may once again offer assistance by pushing on the leg, deepening the quad stretch. Occasionally, the hamstrings will go into spasm at this point, possibly because they are contracting from a new, shortened position. Stretching the hamstrings prior to the quads usually prevents this problem. As a further precaution, you may instruct the stretcher to only briefly contract the hamstrings (step 5) and then release them while you stretch the quads passively.
6. Repeat 2 to 3 times



# BENT KNEE HAMSTRING STRETCH - SUPINE



**This is a better stretch for people with very short hamstrings. Once they've achieved more flexibility, you can use the straight leg stretch.**

1. The stretcher lies supine and lifts his thigh to flex his hip to 90 degrees, with the knee bent.
2. Stabilize the thigh in this position while the stretcher straightens the lower leg as far as possible, without pain. This lengthens the hamstrings to their pain-free end of range.
3. Position yourself to offer resistance to the isometric contraction of the hamstrings, at the same time making sure that the stretcher keeps his hips on the table. The stretcher must keep his hips flat on the table during the entire sequence. You may need to work with the stretcher on body awareness until he is able to stabilize his hips properly before performing this stretch.
4. Direct the stretcher to begin slowly to attempt to push his heel toward the table, bending the knee, which isometrically contracts the hamstrings. ("Keep your thigh where it is, and try to bend your knee by pushing your heel toward the table.")
5. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the leg in the starting position.
6. On the exhale, the stretcher contracts his quadriceps to straighten the leg farther. This deepens the hamstrings stretch. As the stretcher straightens his leg, gently hold the thigh in the 90-degree position.
7. Repeat 2 to 3 times



# ILIOPSOAS STRETCH - PRONE



## **This stretch is used to improve hip extension.**

1. The stretcher lies prone. If the stretcher has any low back discomfort in this position, place a pillow under his hips to take some of the stress off the low back. Or you may want the stretcher to contract his abdominal muscles to stabilize and flatten his low back. This position can also eliminate low back discomfort.
2. The stretcher uses his hip extensors (gluteals and hamstrings) to lift his leg off the table as high as possible, with the knee bent. This lengthens the iliopsoas to its end of range. The stretcher must keep his hips flat on the table (or on the pillow) throughout this stretch. There will be a strong tendency for him to lift his hip as he lifts his leg. You may need to work with the stretcher on body awareness until he is able to stabilize his hips properly before performing this stretch.
3. Support the leg just above the knee to provide resistance to the isometric contraction of the iliopsoas. Use your hand or your leg to support the stretcher.
4. Direct the stretcher to begin slowly to try to pull his thigh toward the table, isometrically contracting the iliopsoas. He is not trying to straighten his lower leg.
5. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the leg in the starting position.
6. On the exhale, the stretcher contracts the hip extensors to lift his thigh higher, deepening the psoas stretch. Be sure the stretcher keeps his hips flat on the table.
7. Repeat 2 to 3 times.
8. If you use your leg to provide resistance, move it closer to the hip with each round of stretching.





# ILIOPSOAS STRETCH - SUPINE



## **This stretch is used to improve hip extension.**

1. The stretcher lies supine with both hips flexed and the greater trochanter of the femur at the end of the table. This position prevents limitation of hip extension by the table.
2. The stretcher holds his right knee to his chest to keep the low back flat on the table. (This is very important for protecting the low back, especially in people with a history of low back pain.) The stretcher may use his hands to hold his right leg up, or he may rest his right foot against you. The stretcher presses his left heel toward the floor, using the hip extensors (gluteals and hamstrings). This lengthens the left iliopsoas to its end of range.
3. Position yourself to offer resistance to the isometric contraction of the left iliopsoas by applying pressure with your right hand just above the stretcher's left knee. The stretcher must keep his low back flat on the table.
4. Direct the stretcher to begin slowly to try to pull his left leg toward his left shoulder, isometrically contracting the psoas. ("Try to bring your knee toward the ceiling; don't try to straighten your lower leg.")
5. After the isometric push, the stretcher relaxes and inhales deeply. As he relaxes, the left leg may drop of its own accord. On the exhale, the stretcher contracts the hip extensors (gluteals and hams) to press his left heel toward the floor, deepening the iliopsoas stretch. Never push to deepen the stretch.
6. Repeat 2 to 3 times
7. The stretcher may attempt to recruit his adductors by externally rotating his left leg. Do not allow this.
8. To avoid having the stretcher arch his low back (and to prevent possible low back pain), when you finish stretching the left side, help the stretcher bring both knees to his chest, then lower the right leg to stretch the right iliopsoas. When both sides are finished, help the stretcher bring both knees to his chest. The stretcher then pushes himself more fully onto the table by pushing against you with both feet, then sits up carefully.





# TIBIALIS ANTERIOR STRETCH - SUPINE



**This stretch is used to improve plantar flexion.**

1. The stretcher lies supine and plantarflexes his right ankle (points toes) using the calf muscles. This lengthens the right tibialis anterior to its end of range.
2. Cup the right heel with your left hand and hold the top of the right foot with your right hand. When stretching the left side, cup the left heel with your right hand and hold the top of the left foot with your left hand.
3. Direct the stretcher to begin slowly to attempt to pull his foot toward his knee (dorsiflexion), isometrically contracting the tibialis anterior.
4. After the isometric pull, the stretcher relaxes and inhales deeply. During this time, maintain the foot in the starting position.
5. On the exhale, the stretcher contracts the calf muscles to increase plantarflexion, deepening the tibialis anterior stretch.
6. Repeat 2 to 3 times



# GASTROCNEMIUS-SOLEUS STRETCH - PRONE



**This stretch is used to improve dorsiflexion.**

1. The stretcher lies prone on the table, with his feet hanging over the edge far enough so that he can fully dorsiflex without interference from the table.
2. The stretcher dorsiflexes one foot (brings the foot toward the knee) as far as possible. This lengthens the gastroc-soleus to its end of range.
3. Stand at the end of the table and place the palm of your hand against the stretcher's foot. Use your thigh to support your hand, being sure to maintain good posture. Offer resistance as you direct the stretcher to begin slowly to attempt to plantarflex (push the foot toward you), isometrically contracting the gastroc-soleus.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the foot in the starting position.
5. On the exhale, the stretcher contracts the tibialis anterior, dorsiflexing the foot and deepening the gastroc-soleus stretch.
6. Repeat 2 to 3 times.



# SOLEUS STRETCH - PRONE



**This stretch isolates the soleus and is used to improve dorsiflexion.**

1. The stretcher lies prone on the table, with one knee flexed to 90 degrees. This position isolates the soleus muscle. He then dorsiflexes his foot (brings the foot toward the knee) as far as possible. This lengthens the soleus to its end of range.
2. Support the bent leg with one hand and wrap your other hand around the heel with your forearm resting against the sole of the foot. As another option, sit on the table, interlace your fingers, and place them across the metatarsal arch of the foot.
3. Offer resistance as you direct the stretcher to begin slowly to attempt to plantarflex (push the foot toward you), isometrically contracting the soleus.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the foot in the starting position.
5. On the exhale, the stretcher contracts the tibialis anterior, dorsiflexing the foot and deepening the soleus stretch.
6. Repeat 2 to 3 times.



# EVERTOR (PERONEAL) STRETCH - SUPINE



**This stretch is used to increase inversion of the ankle.**

1. The stretcher lies supine and inverts his right ankle (turns the sole of his foot toward the midline) by contracting the invertors. The ankle is kept in neutral relative to dorsiflexion or plantarflexion. This lengthens the right peroneals to their end of range.
2. Grasp his lower leg with your right hand to stabilize it, and place your left hand against the lateral side (little toe side) of the stretcher's right foot.
3. Direct the stretcher to begin slowly to attempt to turn the sole of his foot out against your hand (eversion), isometrically contracting the peroneals.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the foot in the starting position.
5. On the exhale, the stretcher contracts the invertors to increase inversion, deepening the peroneal stretch.
6. Repeat 2 to 3 times.



# INVERTOR (POSTERIOR TIBIALIS) STRETCH

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**This stretch is used to increase eversion of the ankle.**

1. The stretcher lies supine and inverts his right ankle (turns the sole of his foot away from the midline) by contracting the peroneal muscles (evertors). The ankle is kept in neutral relative to dorsiflexion or plantarflexion. This lengthens the right posterior tibialis to its end of range.
2. Grasp his lower leg with your left hand to stabilize it, and place your right hand against the medial side (big toe side) of the stretcher's right foot.
3. Direct the stretcher to begin slowly to attempt to turn the sole of his foot inward against your hand (inversion), isometrically contracting the posterior tibialis.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the foot in the starting position.
5. On the exhale, the stretcher contracts the peroneals to increase eversion, deepening the tibialis posterior stretch.
6. Repeat 2 to 3 times.



# SHORT ADDUCTORS - SUPINE STRETCH



**This stretch is used to increase abduction.**

1. The stretcher is supine on the table. Position yourself to lightly stabilize the stretcher's left hip against the table, using your other hand to control the stretcher's right leg. Direct the stretcher to keep his hips flat on the table during the entire sequence. Your hand is on his left hip as a reminder.
2. The stretcher bends his right knee, places the sole of his right foot against the inside of his left knee, and lowers his right leg toward the table as far as it will go, keeping his left hip flat on the table. This lengthens the short adductors to their end range.
3. With your hand on the inside of his right knee, direct the stretcher to begin slowly to attempt to push his right knee toward the ceiling, isometrically contracting the short adductors.
4. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the leg in the starting position.
5. On the exhale, the stretcher contracts the hip abductors to pull his knee toward the floor. This deepens the adductor stretch.
6. Repeat 2 to 3 times.
7. After the final stretch, help the stretcher bring his legs together to avoid possible groin strain from this vulnerable position.
8. The stretcher will sometimes get abductor cramps during this stretch. If this occurs, stop and stretch the abductors first, then go back to the adductor stretches.



# LONG ADDUCTORS - SUPINE STRETCH



**This stretch is used to increase abduction.**

1. The stretcher is supine. He abducts his right hip as far as he can, keeping the knee straight and kneecap pointed toward the ceiling (this prevents rotation of the leg). He may hook his left heel over the edge of the table to keep his left leg from sliding across the table. In this position, the long adductors on the right are at the end of their range.
2. Standing at the right side of the table, between the table and the stretcher's leg, support the lower leg with your left hand and place your right hand across the medial aspect of the knee. This position prevents stress to the medial collateral ligament during the isometric phase. Ask the stretcher to begin slowly to attempt to bring his right leg toward the midline, isometrically contracting the long adductors.
3. After the isometric push, the stretcher relaxes and inhales deeply. During this time, maintain the leg in the starting position.
4. On the exhale, ask him to abduct his hip farther, deepening the stretch of the long adductors.
5. Repeat 2 to 3 times. After the final stretch, help the stretcher bring his leg back to the table. This helps prevent possible groin strain.
6. Occasionally, the stretcher will experience abductor cramping during this stretch. If this occurs, stop and stretch the abductors, then come back to the adductor stretch.

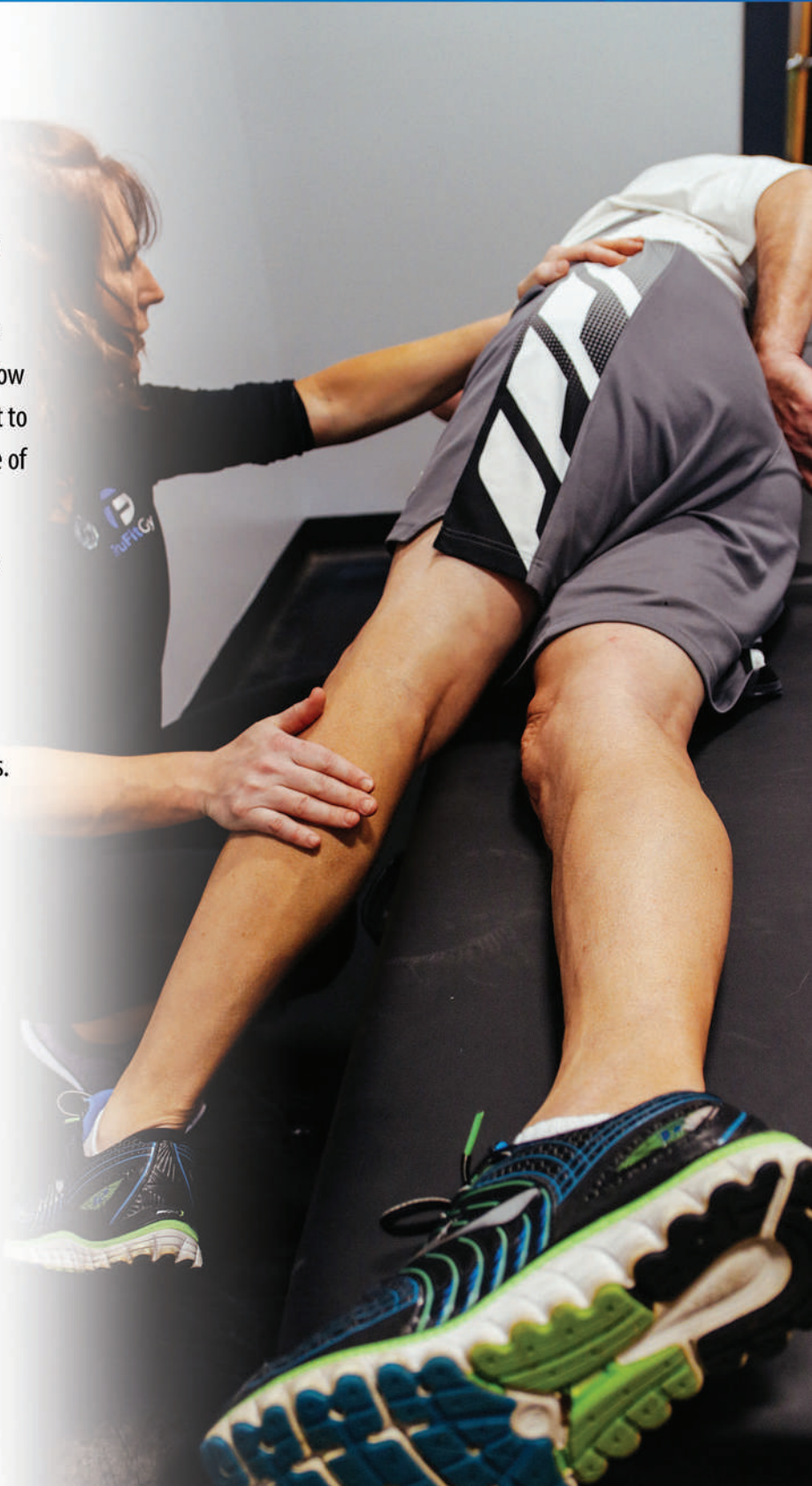


# HIP ABDUCTORS STRETCH - SIDE LYING



**This stretch is used to improve adduction at the hip.**

1. The stretcher is side lying at the edge of the table, top leg hyperextended and hanging over the edge of the table, the bottom leg bent for comfort and stability. The hips are stacked vertically on top of each other. The stretcher contracts his adductors to pull the top leg toward the floor, lengthening the abductors to their end range. If the stretcher experiences any low back pain in this position, he may bend forward from the waist to round his low back, while keeping his leg hanging off the edge of the table.
2. Stand behind the stretcher to offer support, and stabilize his hip with one hand. With the other hand, offer resistance just above the knee to the isometric contraction of the abductors.
3. Direct the stretcher to begin slowly to try to push his leg toward the ceiling, which isometrically contracts the abductors.
4. After the isometric push, the stretcher relaxes and inhales deeply. As he relaxes, allow the leg to drop toward the floor.
5. On the exhale, the stretcher pulls his leg toward the floor, deepening the abductor stretch even farther.
6. Repeat 2 to 3 times.





# HIP ABDUCTORS STRETCH - SUPINE



**This stretch is used to improve adduction at the hip.**

1. The stretcher is supine, his right leg flat on the table; his left leg is placed over the right, knee bent, and foot flat on the table. He adducts the right leg across the midline as far as possible, keeping the kneecap pointed toward the ceiling to prevent the leg from rolling. This lengthens the right abductors to their end range.
2. Place one hand on the lateral knee of the right leg and stabilize the opposite hip with the other hand to provide resistance to the isometric contraction of the abductors.
3. Direct the stretcher to begin slowly to try to push his leg against your hand, isometrically contracting the abductors.
4. After the isometric push, the stretcher relaxes and inhales deeply. As he relaxes, maintain the leg in the starting position.
5. On the exhale, the stretcher pulls his leg farther across the midline, deepening the abductor stretch.
6. Repeat 2 to 3 times.



# PIRIFORMIS STRETCH - SUPINE



**This stretch is used to improve medial rotation of the femur. You may have to experiment a little with the starting position of this stretch because each stretcher will feel the muscle stretch in a different position.**

1. The stretcher is supine, with right hip and knee flexed to 90 degrees and drawn up toward the left shoulder; the left leg rests on the table. The stretcher then rotates his right thigh laterally by bringing his right foot closer to his left shoulder while maintaining flexion at the hip.
2. Place one hand on the stretcher's lateral knee and the other at his lateral ankle to assist him in finding the leg position that begins to stretch his piriformis. Be sure the stretcher keeps his sacrum on the table. This anchors one end of the piriformis to maximize the stretch. From this starting position, offer resistance to the isometric contraction.
3. Direct the stretcher to begin slowly to attempt to push his knee and ankle toward you diagonally, isometrically contracting the piriformis.
4. After the isometric push, the stretcher relaxes and inhales deeply. As he relaxes, maintain the leg in the starting position.
5. On the exhale, he contracts his hip flexors and adductors to deepen the piriformis stretch. You may assist by gently pushing to assist hip flexion and adduction, then by adding more lateral rotation to deepen the stretch.
6. Repeat 2 to 3 times.



