

Self Care Exercises

Lower Leg Stretches



DISCOVER
HEALTH
chiropractic
PLLC

Discover Balance & Restore Your Health
Dr. Reanna Plancich

Lower Leg Gastrocnemius / Upper Calf Stretch

INSTRUCTION: Duration 30 seconds

While standing, place the balls of your feet on a book 2-5 cm thick. Without bending your knees or hips, lean forward slightly until a stretch is felt in the back of your lower leg.



Hold for 30 seconds. If you begin to feel this stretch behind your knee, it is being done too intensely.

Lower Leg Soleus / Lower Calf Stretch

INSTRUCTION: Duration 30 seconds

Place the balls of your feet on a book 2-5 cm thick. Bend your knees approximately 15° and lean forward slightly until a stretch is felt in the back of your lower leg.



Hold for 30 seconds. If you begin to feel the stretch behind your knee, it is being done too intensely.

Little Bridge with Leg Lift

INSTRUCTION: Duration 1 minute

Lay on your back with both knees bent and feet flat on the ground. Slowly raise buttocks from floor. Keep stomach muscles tight and with your body in control, focus on contracting the gluteus muscles (bum) as you attain this position. Hold controlled position for up to 1 minute.

Starting Position



Beginner



When able to hold for 1 minute, proceed to intermediate.

Slowly extend and straighten one knee, keep your stomach tight and your body rigid without allowing your hip to drop. Hold this position for 30 seconds. Repeat with other leg.

Intermediate



Tibialis Anterior

INSTRUCTION: Duration 1 minute

While standing, straighten your ankle and contact the floor with the tops of your toes. Generate a slight forward pressure with your leg to allow the stretch to be gently felt on the front part of your lower leg.



ITB

INSTRUCTION: Duration 1 minute

Cross your left leg over your right while in a standing position. Bend the left knee and shift your hips towards the right. The stretch should be felt on the side of the right thigh.



Hold for 30 seconds, repeat on the other side.

Quadriceps

INSTRUCTION: Duration 1 minute

Laying on your left side, support your head with your left arm. Flex your right knee and with your right hand grab your right ankle. Bring your ankle towards the back of your thigh. The stretch should be felt on the front of the right thigh.



Hold for 30 seconds, repeat on the other side.