Here's your Home Exercise Program from Kate Skoczyn, AT, ATC

Plantar Fascia Stretch with Roll

Sitting in a chair, place both feet flat on the floor. Place a roll scan for video or frozen water bottle under your foot. You can also use a tennis or racquet ball. Start with the roll at the ball of your foot, and then roll it down to your heel.

Video: hepbuilder.com/v.php?y=4u3N-g10B5E

Achilles Tendon Stretch

Stand on something sturdy like a step. Put the ball of the foot you want to stretch on the edge of the step. Relax your heel down towards the ground until you feel a stretch, and hold it.

Video: hepbuilder.com/v.php?y=FghEM1fQ9Qc

Calf Stretch in Long Sitting

Sit on the floor or bed with your legs straight out in front of you. You can bend the leg you are not stretching towards you. Put a belt, towel, or dog leash around the ball of your foot. Keep your back and knee straight, and relax your ankle. Pull your foot towards you with the strap until you feel a stretch.

Video: hepbuilder.com/v.php?y=Quygqsbu-fw

Calf Stretch Standing - Runners Stretch

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Using a chair or something sturdy for balance, stand with one foot directly behind you and one in front like a lunge position. Keeping your back heel down and your foot facing forward, keep your back leg straight and bend your front knee forward until you feel a stretch in your back leg. Hold the stretch.

Video: hepbuilder.com/v.php?y=7P81LL4Vws4

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**Soleus Stretch**

Using a chair or something sturdy for balance, stand with the foot you want to stretch directly behind you and the other one in front like your in a lunge position. Keeping your back heel down and your foot facing forward, bend both knees forward until you feel a stretch in your back leg. Hold the stretch.

Video: hepbuilder.com/v.php?y=RRwcFF_vbWU

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**Anterior Tibialis Stretch Kneeling**

Start off sitting on your feet in a kneeling position with your toenails on the floor and your feet slightly inward. Place your hands on the floor and push upwards with your weight on the top of your feet. Hold the stretch.

Video: hepbuilder.com/v.php?y=Ly-TSnpU8vU

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**Anterior Tibialis Stretch Toe Drag**

Stand up and put the leg you want to stretch behind you with your toenails on the floor and your foot pointed. Drag your foot forward keeping your foot pointed.

Video: hepbuilder.com/v.php?y=kZy18cEAW3Q

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**IT Band Stretch - Standing**

Standing straight up, cross the leg you want to stretch behind you. Keeping your legs straight, bend down towards the floor until you feel a stretch.
IT Band Stretch in Sidelying

1. Lie on your side with the leg you want to stretch on top. Keeping your hips perpendicular to the floor or bed and your body in a straight line, pull your toes up towards you to lock out your knee. Lift your leg towards the ceiling about 12 inches. Then bring it behind your body and slowly come down until you feel a stretch.

Video: hepbuilder.com/v.php?y=gzP_du36OtY

IT Band Stretch Off Bed

1. Lie on your side on the edge of your bed with your back facing the edge. The leg you want to stretch should be on top. Try not to fall off. Keeping your leg straight and your hips perpendicular to the bed, lift your leg up and behind you slowly dropping the leg down off the bed until you feel a stretch.

Video: hepbuilder.com/v.php?y=feFcPA25bUg

IT Band Stretch with Roll

1. Lie on your side with the side you want to stretch on the floor. Take a roll, and place it under your leg. Prop your other leg up for support. Slide the outside of your leg up and down the roll for a stretch.

Video: hepbuilder.com/v.php?y=BWKDqBA-9es

Figure 4 Stretch Lying Down (FABER)

Lie down on the floor with your legs straight out.
Cross the leg of the side you want to stretch with your heel just above the knee. Push your knee towards the floor.

Video: hepbuilder.com/v.php?y=VyXQ1mNmhiM

### Butterfly Groin Stretch

While sitting, put your feet together, and let your knees drop out to each side. Keeping your back straight and bending at your hips, lean forward and push your legs down with your elbows until you feel a stretch. If you need more of a stretch, bring your heels closer to your body.

Video: hepbuilder.com/v.php?y=z9YleRi-C20

### Groin Stretch in Tall Kneeling

Get on both knees in a tall kneeling position, and put the leg you want to stretch out to the side. Lean the opposite way until you feel a stretch.

Video: hepbuilder.com/v.php?y=r3NurU5qov8

### Quad Stretch in Prone

Lie on your stomach and wrap a belt or dog leash around your ankle. Put the strap over your shoulder, and pull your foot towards your bottom until you feel a stretch in the front of your thigh.

Video: hepbuilder.com/v.php?y=bylEOpOovaE

### Quad Stretch in Sidelying

Lie on your side with the leg you want to stretch on top, and wrap a belt or dog leash around your ankle. Put the strap around your shoulder, and pull your foot towards your bottom until you feel a stretch in the front of your thigh.
Standing Hamstring Stretch

1. While standing, put your leg straight out in front of you. Prop your heel up and keep your leg straight. Keep your back straight and your hips facing forward. Pull your toes towards you, and lean forward bending at your hips until you feel a stretch.

Video: hepbuilder.com/v.php?y=6rVnwGpR6hY

Hamstring Stretch in Long Sitting

1. Sit on the floor or bed with your legs straight out in front of you. Bend the leg you are not stretching towards you. Keep your back and knee as straight as you can. Pull your toes towards you, and lean forward bending at your hips until you feel a stretch.

Video: hepbuilder.com/v.php?y=h8pey4w7ljw

Downward Dog Stretch

1. Start off on all fours in the quadruped position. Come up by straightening your legs and flattening your feet on the floor. Push your chest down towards the floor and push your bottom in the air. Hold the stretch.

Video: hepbuilder.com/v.php?y=klDWyqwOMCA

Hamstring Stretch with a Strap - Supine

1. Lie on your back, and place a belt or dog leash around the ball of your foot. Bend the knee of the leg you are not stretching to help relax your back. Keeping your knee straight, pull your leg up with the strap until you feel a stretch behind your knee/leg.

Video: hepbuilder.com/v.php?y=oDzhSppZSU0

Piriformis Figure 4 Stretch

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Lie on your back with your knees propped up. Cross the leg you want to stretch over the other with the ankle at the top of the knee in a figure 4. Grab underneath the thigh of the leg still on the floor or bed. Pull your leg up toward your chest until you feel a stretch in your buttocks area. Hold the stretch.

Video: hepbuilder.com/v.php?y=pVY9yuQlMiY

Piriformis Pigeon Stretch

Get down on the floor or bed in a quadruped position. Take one leg back and bring up the leg you want to stretch, bending your knee up and across the body. Relax your body forward towards the floor or bed until you feel a stretch in your buttocks area. Hold the stretch.

Video: hepbuilder.com/v.php?y=HhcCEhik9z4

Piriformis Stretch Knee to Opposite Shoulder

Lie on your back with your knees propped up. Cross the leg you want to stretch over the other leg with the ankle on the knee. Grab the knee of the side you want to stretch with the opposite hand. Pull it up and across your body towards the opposite shoulder. Hold the stretch.

Video: hepbuilder.com/v.php?y=ZH9j0HvnajI

Prayer Stretch / Childs Pose

Get on all fours and sit back onto your feet with your toenails on the floor or bed. Bend down towards the floor or bed and stretch your arms out in front of you as far as you can. Hold the stretch, and then come back up.

Video: hepbuilder.com/v.php?y=._jBHAaliMxA

Prayer Stretch / Childs Pose Side to Side

Start off sitting on your feet with your toenails on the floor or bed.
Bend down towards the floor or bed and stretch your arms out at an angle to one side as far as you can. Hold the stretch, and then come back up and repeat on the other side.

Video: hepbuilder.com/v.php?y=iA3Mg9RzMC8

### Prone Press Ups

Lie down on your stomach with your palms on the ground just above your shoulders. Push up with your arms trying to straighten them, and try to keep your hips on the ground. Relax your back and hold the stretch.

Reps: 2-3 | Sets: 1-2 | Hold Time: 20-30 seconds | How Often: 2-3 times per day

Video: hepbuilder.com/v.php?y=0qS5dCe0AD4

### Lower Back Stretch Lying Down

Lie down on the floor or bed, and put one leg straight out. On the side you want to stretch, bend that knee up to about a 90 degree angle, and then with your opposite hand, pull your knee across your body until you feel a stretch.

Video: hepbuilder.com/v.php?y=_fcB7nalvds

### Cat Dog Stretch

Get on all fours in the quadruped position. Arch your back like a cat and tuck your chin in to your chest at the same time. Then drop your back down into a sagging position and pick your head up looking straight ahead.

Video: hepbuilder.com/v.php?y=WyynkfJcto

### Quadratus Lumbarum (QL) Stretch in Sitting

Sit with your legs crossed or out in front of you at 45 degree angles. Take the arm of the side you want to stretch, and bring it up and over your body. At the same time, take the other arm down and across. Hold the stretch.
Levator Scapulae Stretch

On the side you want to stretch, bring your arm up and place your hand on the back of your shoulder blade so your elbow is pointing upward towards the ceiling. Take your other hand over your head and place it on the back of your head. Gently pull your head down at about a 45 degree angle, like you are pulling it towards your opposite knee until you feel a stretch.

Posterior Capsular Stretch

Take the arm you want to stretch, and bring it across your body at shoulder height with your palm down. Take your other hand and push your arm at your elbow further across your body until you feel a stretch, and hold it.

Rhomboid Stretch Across Arm

Take the arm that you want to stretch, and bring it across your body at shoulder height and bend your elbow. Take your other hand and place it on the outer portion of your elbow. Push your elbow further across and back until you feel a stretch, and hold it.

Rhomboid Stretch in Long Sitting

Sit on the floor or your bed with your legs straight out in front of you. Clasp your hands together straight in front of you with your elbows straight. Tuck your chin in towards your chest and punch your clasped hands forward. Hold the stretch.
Rhomboid Stretch in Quadruped

Get on all fours in quadruped and cross your arms at your wrists. Tuck your chin in towards your chest and arch your back upward like a cat. Hold the stretch.

Video: hepbuilder.com/v.php?y=OUwH8aeKYww

Thoracic Rotation Stretch

Place your hands behind your neck with your elbows slightly upward. Bend your upper body slightly forward. Rotate your upper body and elbows from one side to the other.

Video: hepbuilder.com/v.php?y=TnidM07CyZY

Chest Stretch on a Foam Roll

Lie down with a foam roll underneath you along your spine. Bring your hands up into a stop sign position. Relax your arms down, letting them fall to the floor.

**You can change your arm position to get different stretch. For example, making a "Y" position as well.**

Video: hepbuilder.com/v.php?y=ySgyJAQz7Ts

Corner Chest Stretch

Stand in a corner, and place one hand on each side of the wall. Put one foot in the corner in a lunge position. Lean into the wall until you feel a stretch in your chest area. You can change the height of your hand placement to get a slightly different stretch.

Video: hepbuilder.com/v.php?y=ySgyJAQz7Ts
**Triceps Stretch**

1. Bring your arm up by your head with your elbow up towards the ceiling.
2. Use your other hand and push or pull back gently until you feel a stretch.

**Upper Trapezius Stretch**

1. Sitting in a chair, place your hand of the side you want to stretch underneath your thigh so you are sitting on it. You can also place it behind your back.
2. Take your other hand over your head and place it on the side you want to stretch. Gently pull towards the other side until you feel a stretch, and hold.

**Arm Prayer Stretch**

1. Place the palms of your hands together in front of you with your elbows out to the sides.
2. Keeping your hands together, slowly bring your hands downward and your elbows out until you feel a stretch.

**Cervical Extension**

1. Start with your shoulders relaxed and your head in a neutral position.
2. Bring your head backwards and look up towards the ceiling. Then return to a neutral position.

**Cervical Flexion**
Cervical Rotation

Start with your shoulders relaxed and your head in a neutral position. Slowly turn your head like you are looking over your shoulder.
Repeat to the other side.

Video: hepbuilder.com/v.php?y=SyKMG03jjFl

Cervical Sidebend

Start with your shoulders relaxed and your head in a neutral position. Bend your head towards your shoulder like you are trying to touch your ear to your shoulder.
Repeat to the other side.

Video: hepbuilder.com/v.php?y=54NLZgdTF1A

Hip Flexor Stretch Lunge Position

Start in tall kneeling with both knees on the ground. Use a pillow under your knee for protection if you would like. Keep the knee of the side you want to stretch on the floor. Bring the other leg forward putting your foot on the floor in a lunge position.
Keeping your back straight and upright, tuck in your tailbone and lean forward until you feel a stretch. Hold the stretch.

Video: hepbuilder.com/v.php?y=3gwJslxvnd0

Disclaimer: These exercises were selected by your healthcare provider. To avoid injury, use caution when performing them. If you experience any pain or discomfort, stop the exercise and contact your healthcare provider.