

Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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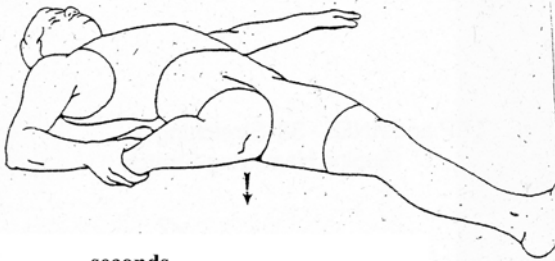
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UPPER LEG - 7
Quadriceps

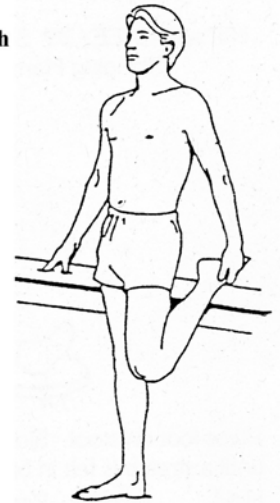
With leg up and pulled into side,
gently lower the knee until stretch is felt.
Repeat on other side



Hold _____ seconds
Repeat _____ times
Do _____ sessions per day

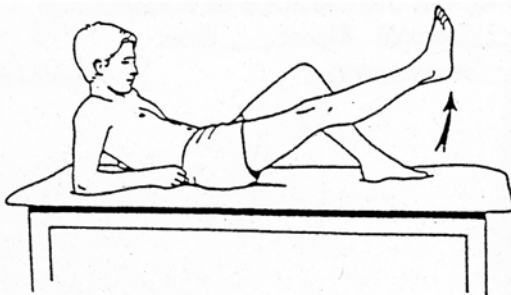
HIP and KNEE - 37
Stretching, Quadriceps Strength

Pull heel toward buttock
until a stretch is felt in
front of thigh



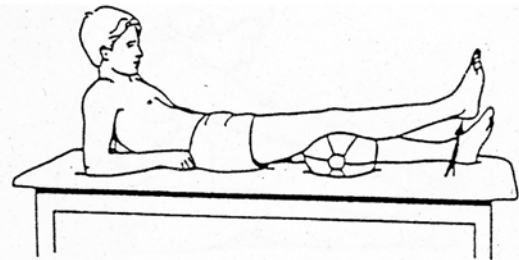
Hold _____ seconds
Repeat _____ times
Do _____ sessions per day

HIP and KNEE - 18 Strengthening
Straight Leg Raise, Phase II



Rest on forearms, tighten muscle on front of thigh, then lift
eg. 8-10 inches from surface, keeping knee locked.
Hold _____ seconds. Repeat _____ times
Do _____ sessions per day

HIP and KNEE - 23 Stretching
Terminal Knee Extension



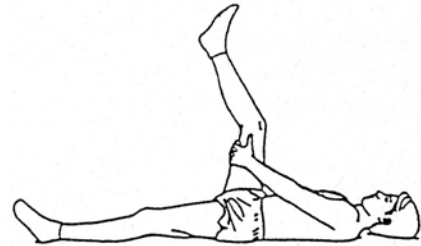
With knee bent over bolster, straighten knee by tightening
muscle on top of thigh. Be sure to keep bottom of knee on
bolster.
Hold _____ seconds. Repeat _____ times
Do _____ sessions per day

HIP and KNEE – 39 Stretching
Standing Hamstring Stretch



Place foot on stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

HIP and KNEE – 38 Stretching
Supine Hamstring Stretch



Lying on back and supporting thigh behind knee, slowly straighten knee until a stretch is felt in back of thigh.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

BACK – 33 Hamstring Stretch



Reach down along leg until a comfortable stretch is felt in Back of thigh. Be sure to keep knee straight.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

HIP and KNEE – 33 Stretching
Hamstring Wall Stretch

Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer wall.



Repeat ____ times.
Do ____ sessions per day.