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### Gastrocnemius Stretch - longsitting, w/ belt



**i-HEP.com** **Instructions** - Sit with your involved leg straight in front of you. Place a belt, towel or strap around the ball of your foot. Pull on the strap, keeping your knee straight, and hold the stretch per your practitioners instructions (e.g. 20 seconds). **NOTE:** You should feel a stretch on the backside of your lower leg.  
**Parameters** - **Sets:** 1 **Reps:** 6 **Hold Time:** 20 seconds **Freq:** 2-3 times/day

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### Hamstring Stretch - longsitting



**i-HEP.com** **Instructions** - Sit with your involved leg straight in front of you. Keeping your back straight, lean forward until a stretch is felt in the back of your thigh. Make sure to keep your knee straight and hold the stretch per your practitioners instructions (e.g. 20 seconds).  
**Parameters** - **Sets:** 1 **Reps:** 6 **Hold Time:** 20 seconds **Freq:** 2-3 times/day

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### Quad Sets - isometric



**i-HEP.com** **Instructions** - Sit on a flat supportive surface. Tighten your quadricep muscles (front thigh muscles), pushing the back of your knee into the table. Hold the contraction for the assigned amount of time (e.g. 5 seconds) and then relax the muscle. Perform sets and repetitions as prescribed by your practitioner.  
**Parameters** - **Sets:** 3 **Reps:** 10 **Hold Time:** 5 seconds **Freq:** 2-3 times/day

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### Straight Leg Raise (Hip FLX) - supine (basic)



**i-HEP.com** **Instructions** - Lay on your back, with your uninvolvd knee bent. With your involved leg, tighten the muscles on the front of your thigh and raise your leg into the air while keeping your knee fully extended. Hold this position as determined by your practitioner (e.g. 5 seconds) and then slowly return to the starting position. Perform sets and repetitions as determined by your practitioner.  
**Parameters** - **Sets:** 3 **Reps:** 10 **Hold Time:** 5 seconds **Freq:** 2-3 times/day

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### Straight Leg Raise (Hip ABD) - side lying



**Instructions** - Assume a side lying position on your uninvolved side. Lift your involved leg upward while keeping your knee straight. Perform sets and repetitions as prescribed by your practitioner. NOTE: Do not rotate your body while lifting your leg.

**Parameters** - **Sets:** 3    **Reps:** 10    **Hold Time:** 5 seconds    **Freq:** 2-3 times/day



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### Straight Leg Raise (Hip EXT) - prone



**Instructions** - Lay on your stomach (e.g. floor or bed). Raise your involved leg, keeping your knee straight. Hold this position as determined by your practitioner (e.g. 5 seconds) and then slowly return to starting position. Perform sets and repetitions as determined by your practitioner.

**Parameters** - **Sets:** 3    **Reps:** 10    **Hold Time:** 5 seconds    **Freq:** 2-3 times/day

