

# LOWER BODY STRETCHES



## Hamstring stretch

Start by facing a chair or stool (lower is better so you don't cheat). Place your right heel on the chair, foot relaxed, knee straight. Stand up straight, stick your chest out slightly and slowly lower your upper body toward your leg. Do not bend from your back but rather from your hips (ie. keep your back as neutral as possible). Stop and hold when you feel a comfortable pull in the back of the right leg. Hold for 30 seconds and repeat on left leg.

## Psoas stretch

Start by facing a chair, placing your right foot flat on the chair. Your left leg is flat on the floor, extended behind you, toes pointed forward. With your chest up, slowly lean forward until the right knee is directly over the right ankle. Stop and hold when you feel a comfortable pull in the upper groin of the left side and the back of the left calf. Hold for 30 seconds and repeat on other leg.



Performing these next two Lower Body stretches- You will feel the stretch where ever you are the tightest, so it may be different for everyone.

(A)



Lay flat on your back with knees bent. Cross your right leg over the left at the knees and slowly lower your legs over to the right side. The weight of your right leg on top of your left should provide a good pull along the left side of the body, into the gluteal area and/or up to the chest area. Hold for 30 seconds and repeat on other side, switching legs.

(B)

3. Lay flat on your back with the right leg straight and left leg bend up in the air as shown. Take your right hand and place it lightly on your left knee. Bring your left knee across your body, your hips can raise off the floor but not your shoulders. The weight on the right hand gently on the left knee should provide a good stretch along the left side of the body, into the gluteal area and/or up to the chest area. Hold for 30 seconds and repeat on other side, switching legs.



Written and compiled by: Dr. Astrid Trim  
Kingsbridge Family Chiropractic & Sports Injuries  
20 Kingsbridge Garden Circle, Suite 2018  
Mississauga, Ontario  
L5R-3K7 ( 905 ) 712-1939

**Consult a health professional before beginning any exercise or stretch program.**

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