

Range of Motion Exercises for the Hands

Hip Stretches—Back and Front Thigh Muscles



Back of thigh: Hold one leg, behind knee, bring leg towards your chest, trying to keep the knee straight and push heel toward ceiling.



Front of thigh: Bend knee behind you, hold ankle and pull leg behind you



Front thigh: stand with back of one foot on a surface and hold on to a chair. Lean forward toward foot floor and will feel stretch in front of other thigh

Hip Stretches—Inner and Outer Thigh Muscles



Inner thigh - put the bottom of both feet together and try to have your knees fall down toward the bed or mat

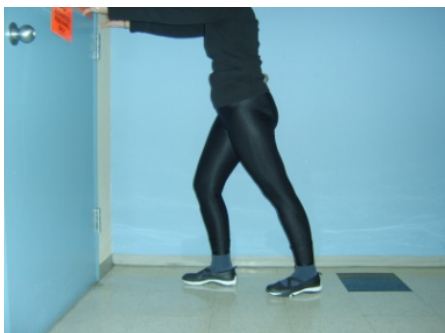


Or, sit on the edge of a bed and cross on leg over the other with hip rotating out



Outer thigh – cross one leg over the other as high as hips allow, , use thigh for pressure, not your knee. May be done on in sitting

Calf (back of leg)



Put one foot in front of you and the other leg straight behind. Slowly move your hips slightly forward, keeping your back straight.