

Department of
PHYSIOTHERAPY

Hip and Knee Flexibility Exercises



□ Hamstring Stretch (Seated)



- i. Keep affected knee straight.
- ii. Bend at hip and reach towards toes until a stretch is felt at the back of thigh.
- iii. Keep back straight during stretch.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

□ Hamstring Stretch (Lying)



- i. Bend affected knee towards chest and hold onto it.
- ii. Straighten knee as much as possible until a stretch is felt at the back of thigh.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

□ Heels Slides – Knee Bending



- i. Use hands to help to bend the affected knee.
- ii. Move the heel towards buttock.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

☐ Soleus Stretch



- i. Hold onto a support and place affected leg behind.
- ii. Keep forward knee bent, heels on floor and toes facing forward. Lean the knee forward and down until a stretch is felt at the calf.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

☐ Calf Stretch (Standing)



- i. Hold on to a support and place affected leg behind,
- ii. Keep affected knee straight and heels on floor, toes facing forwards during stretch. Lean buttocks forward until a stretch is felt at the calf.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

☐ Quadriceps Stretch



- i. Hold on to a stable support.
- ii. Pull heel with your hand towards buttock until a stretch is felt along the front of the thigh.
- iii. Maintain upright posture.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

☐ Assisted Knee Flexion / Extension



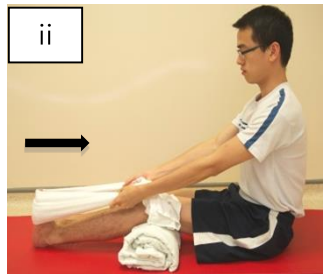
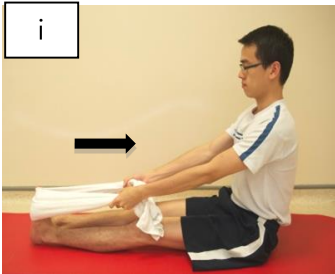
Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

- i. Start the exercise while seated.
- ii. Bend and straighten your affected knee with your unaffected leg. If you experience any pain, stop the exercise immediately.

☐ Calf Stretch (Seated)



Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

- i. Hook towel under foot as shown. Keep knee straight and pull the towel until a stretch is felt at the calf.
- ii. Repeat the above step with the towel roll under your knee.

☐ Prone Knee Hangs



Hold ___ minutes.

Do ___ sessions a day.

- i. Lie face down, with legs hanging off edge of bed.
- ii. Place weight on ankle. Stretch should be felt at the back of the knee.

☐ Supine Knee Hangs



Hold ___ minutes.

Do ___ sessions a day.

- i. Lie on back, with towel roll placed under heel as shown.
- ii. Place weight above knee to help stretch your knee straight. Stretch should be felt at the back of the knee.

❑ Piriformis Stretch (Lying)



- i. Cross affected leg over opposite knee.
- ii. Pull opposite knee towards chest until a stretch is felt on the affected buttock.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

❑ Piriformis Stretch (Seated)



- i. Cross affected leg over opposite knee.
- ii. Lean body forwards until a stretch is felt on the affected buttock/hip.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

□ ITB Stretch



- i. Lie on unaffected side.
- ii. Bend affected knee and hold ankle with opposite hand.
- iii. Use unaffected ankle to help lower knee down until a comfortable stretch is felt along the outer side of thigh.
- iv. Avoid arching back during stretch.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

□ Hip Flexor Stretch



- i. Position yourself with affected leg behind as shown in the diagram on the left.
- ii. Gently lean buttocks forwards until a stretch is felt at the front of the hip.
- iii. Avoid arching back during the stretch.

Hold ___ seconds.

Do ___ sets.

Do ___ sessions a day.

Medical Disclaimer: If you experience any moderate or severe pain before, during or after exercise(s), **DO NOT** continue. Seek medical advice from qualified healthcare professionals as necessary.

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