Rady Children's Specialists
of San Diego

Pediatric Orthopedic and Scoliosis Center
A Division of Rady Children's Specialists of San Diego

Scott J. Mubarak MD   **Dennis R. Wenger MD**   **Henry G. Chambers MD**
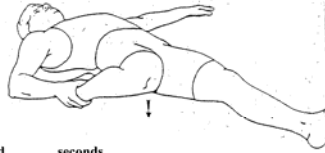**Peter O. Newton MD**   **C. Douglas Wallace MD**   **Maya Pring MD**   **Burt Yaszay MD**

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UPPER LEG – 7
Quadriceps

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

Hold _____ seconds
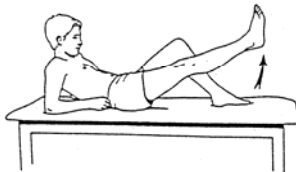Repeat _____ times
Do _____ sessions per day

HIP and KNEE – 37
Stretching, Quadriceps Strength

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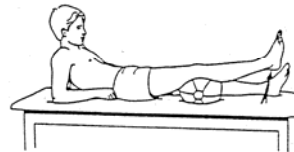until a stretch is felt in
front of thigh

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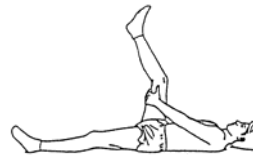
Lying on back and supporting thigh behind knee, slowly
straighten knee until a stretch is felt in back of thigh.
Hold _____ seconds. Repeat _____ times.
Do _____ sessions per day.

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
untill a stretch is felt in
back of thigh. As leg
relaxes, scoot closer
wall.

Repeat _____ times.
Do _____ sessions per day.