

Caregiver-Assisted and Self-Assisted Lower-Extremity Stretching

Directions for patient

- Relax your leg while caregiver provides stretch.
- You should feel a gentle stretch.
- You should not feel pain.

Directions for caregiver

- Position yourself so you are comfortable and not placing strain on your back.
- Move patient's leg until gentle tension is felt. Ask patient to tell you when a gentle stretch is felt.
- Watch patient's facial expressions and ask him if he feels any pain. If pain is noted, decrease amount of stretch.

1a. Caregiver-assisted calf stretch



Caregiver position 1



Caregiver position 2

Patient instructions

- Lay on your back with both legs straight.
- Stretch should be felt along the back of your lower leg.

Caregiver instructions

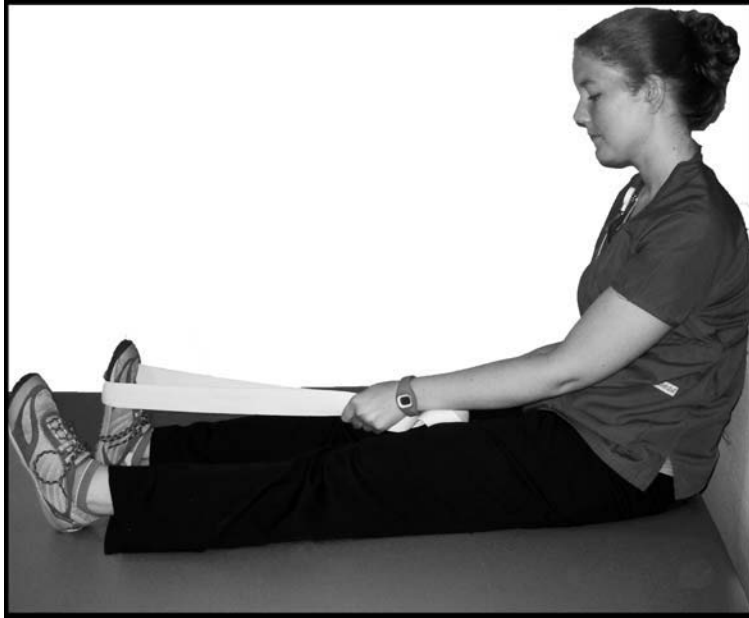
- Support patient's **left / right** leg according to the above photo. Make sure patient's knee remains straight.
- Place hands on patient's ankle according to photo.
- Gently move foot and ankle toward patient's head until stretch is felt.
- Do not allow patient's ankle to turn in or out.

Hold stretch for _____ seconds.

Repeat _____ times.

Continued

1b. Self-assisted calf stretch



Patient instructions

- Sit on bed with both legs straight in front of you. Lean against head of bed.
- Loop belt or towel over **right / left** foot.
- Hold onto belt with **right / left / both** hand(s) and gently pull foot and ankle toward your head.
- Do not allow ankle to turn in or out. Make sure knee remains straight.

Caregiver instructions

- If needed, assist patient with looping belt around foot.

Hold stretch for _____ seconds.

Repeat _____ times.

Continued

2a. Caregiver-assisted hamstring stretch



Caregiver position 1



Caregiver position 2

Patient instructions

- Lay on your back, both legs straight.
- Stretch should be felt behind your knee and upper leg.

Caregiver instructions

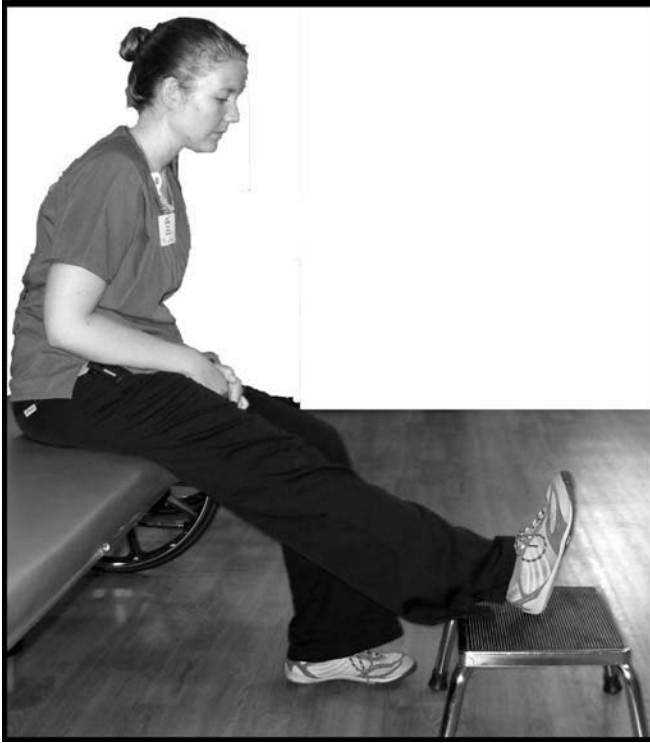
- Support patient's **right / left** leg according to the photo. Make sure patient's knee remains straight.
 - Gently raise patient's leg off of the bed until stretch is felt.
 - Do not allow patient's leg or foot to roll in or out.
- θ Optional: Gently move patient's foot and ankle toward patient's head for stretch of calf muscle and nerve tissue.

Hold stretch for _____ seconds.

Repeat _____ times.

Continued

2b. Self-assisted hamstring stretch



Patient instructions

- Sit on solid surface. Place **right / left** leg on step stool or low coffee table according to photo. Keep knee straight and toes pointing toward the ceiling. Place opposite foot flat on floor.
- Slowly lean forward, bringing nose over toes, until gentle stretch is felt behind your knee and upper leg.
- Don't allow leg to turn in or out.

Hold stretch for _____ seconds.

Repeat _____ times.

Continued

3a. Caregiver-assisted inner thigh stretch (knee bent)



Caregiver position 1



Caregiver position 2

Patient instructions

- Lay on your back with **right / left** knee bent.
- Stretch should be felt in your inner thigh.

Caregiver instructions

- Position patient's **right / left** leg according to photo.
- Keep patient's foot on bed and gently drop knee toward the bed.

Hold stretch for _____ seconds.

Repeat _____ times.

Continued

3b. Caregiver-assisted inner-thigh stretch (knee straight)



Patient instructions

- Lay on your back with both legs straight.
- Stretch should be felt in your inner thigh.

Caregiver instructions

- Position your hands on patients **right / left** leg according to photo.
- Bring patient's leg out to the side until gentle stretch is felt. Make sure patient's knee stays straight.

Hold stretch for _____ seconds.

Repeat _____ times.