



# Balance & Motion

MASSAGE THERAPY

## Leg Stretches

Proper technique for static stretches: 1) Warm up for 5-10 minutes. 2) Perform the movement until you feel a mild pull sensation. 3) Hold position for 20-30 seconds or until you feel the mild stretch sensation decrease. 4) Stretch both sides twice. **SP** = starting position **M** = movement **FS** = feeling of stretch



### **Quadriceps**

SP: Standing/Sidelying/On stomach; knees together, hips tilted back (tailbone down)  
M: Bend knee and bring foot towards your butt  
FS: Front of thigh



### **Adductors (Short)**

SP: Standing with legs 3-4 feet apart.  
M: Bend R knee and lean R side.  
FS: Inside thigh



### **Hamstrings**

SP: Standing/Seated, leg straight  
M: Bend forward with a flat back.  
FS: Back of thigh



### **Adductors (Long)**

SP: Standing with legs 3-4 feet apart  
M: Bend R knee and lean R side.  
FS: Inside thigh

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