

**Pediatric Orthopedic and Scoliosis Center**

A Division of Rady Children's Specialists of San Diego

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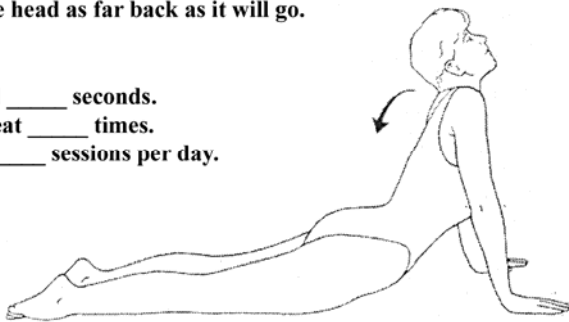
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**CHEST AND ABDOMEN – 2**

**Abdominals**

Push upper torso back with arms  
until stretch is felt, and hold.  
Place head as far back as it will go.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

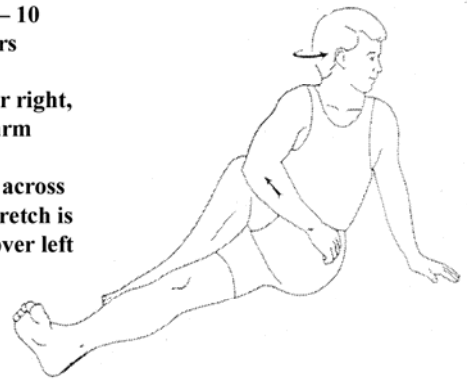


**HIP OBLIQUE – 10**

**External Rotators**

With left leg over right,  
bring the right arm  
over the left leg.  
Push the left leg across  
the body until stretch is  
felt. Turn head over left  
shoulder

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

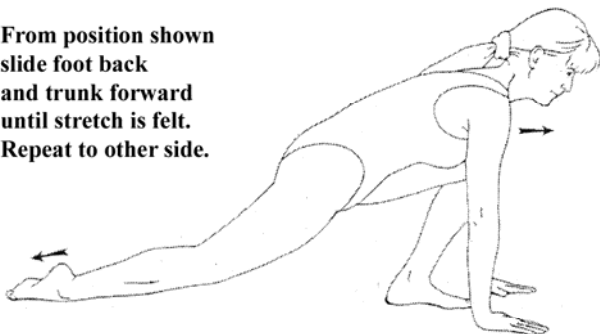


**HIP OBLIQUE – 11**

**Flexors**

From position shown  
slide foot back  
and trunk forward  
until stretch is felt.  
Repeat to other side.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

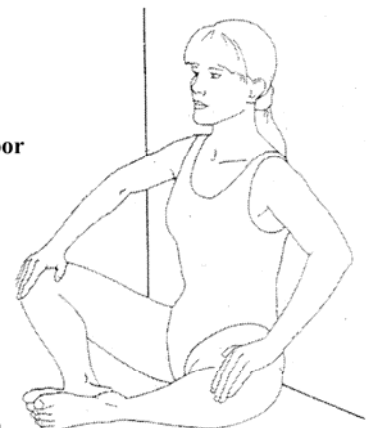


**GROIN – 2**

**Thigh Adductors**

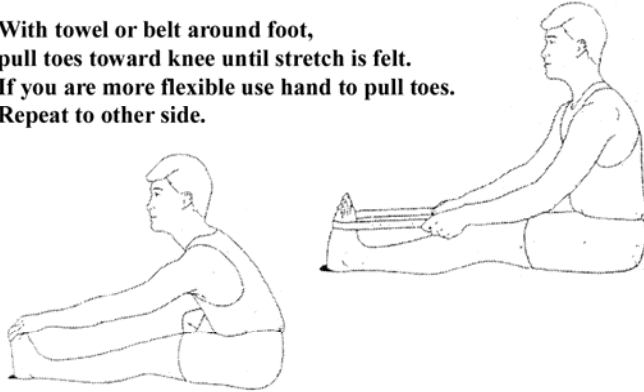
Sitting straight or  
with back against wall,  
gently push knees to floor  
until stretch is felt.

Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.



### HAMSTRINGS – 2

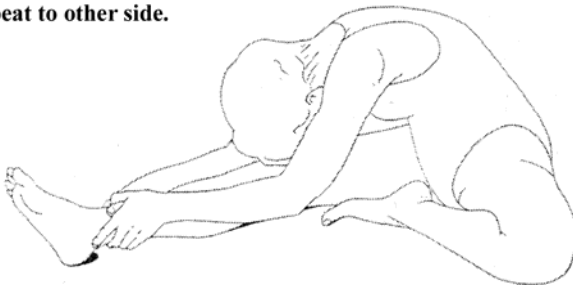
With towel or belt around foot, pull toes toward knee until stretch is felt. If you are more flexible use hand to pull toes. Repeat to other side.



Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

### HAMSTRINGS – 3

With hands on ankle pull head toward knee and hold. Repeat to other side.



Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

### LOWER LEG – 7 Soleus

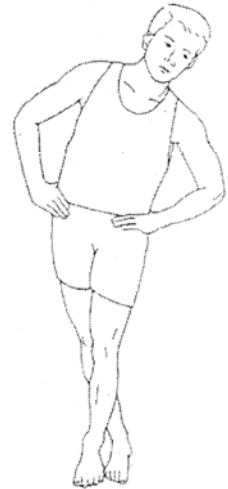
Keeping back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Repeat to other side.



Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

### HIP OBLIQUE – 2 Iliotibial Band/Abductors

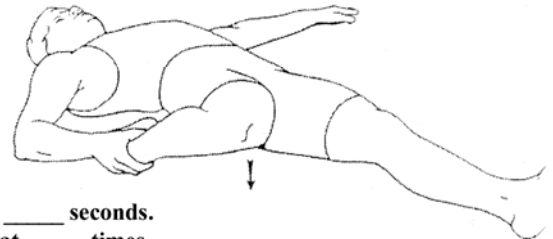
Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Repeat to other side.



Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

### UPPER LEG – 7 Quadriceps

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



Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

### LOWER LEG – 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Repeat to other side.



Hold \_\_\_\_ seconds.  
Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.