

Pediatric Orthopedic and Scoliosis Center

A Division on Children's Specialists of San Diego

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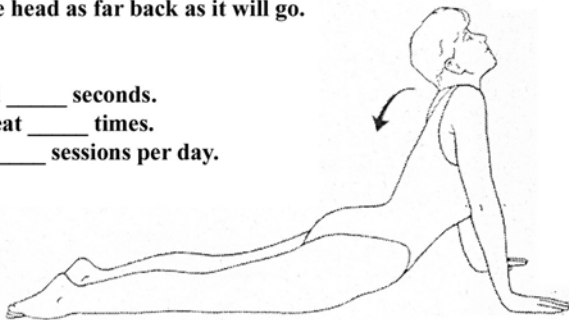
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CHEST AND ABDOMEN – 2 Abdominals

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

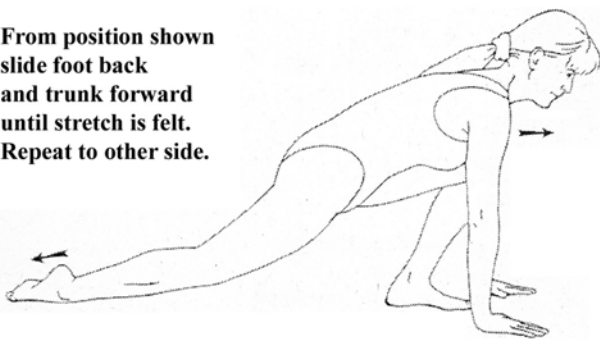
Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



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

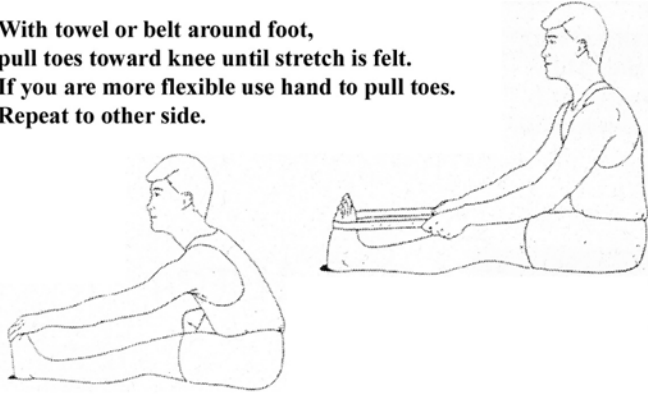
Sitting straight or
with back against wall,
gently push knees to floor
until stretch is felt.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



HAMSTRINGS – 2

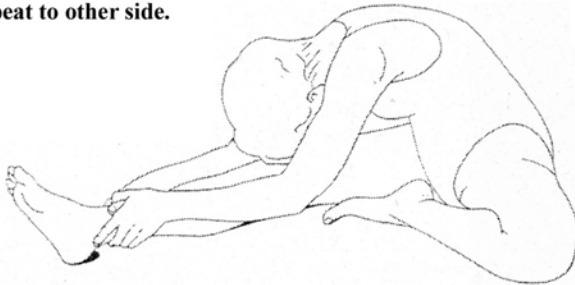
With towel or belt around foot, pull toes toward knee until stretch is felt. If you are more flexible use hand to pull toes. Repeat to other side.



Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

HAMSTRINGS – 3

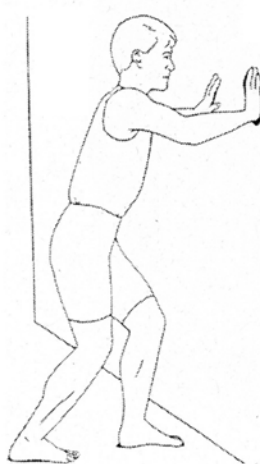
With hands on ankle pull head toward knee and hold. Repeat to other side.



Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

LOWER LEG – 7 Soleus

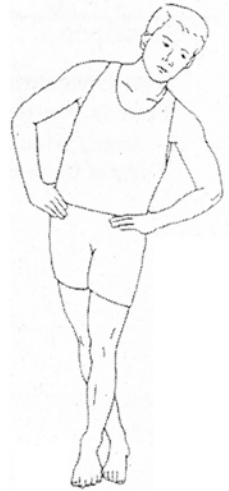
Keeping back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Repeat to other side.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

HIP OBLIQUE – 2 Iliotibial Band/Abductors

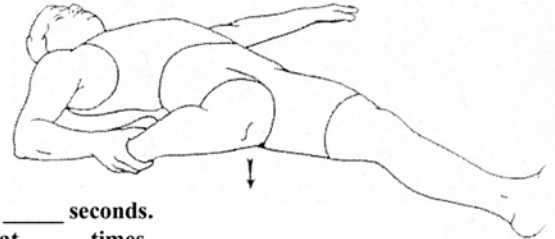
Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Repeat to other side.



Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

UPPER LEG – 7 Quadriceps

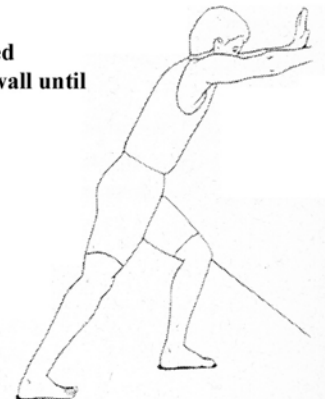
With leg up and pulled into side, gently lower the knee until stretch is felt. Repeat to other side.



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.