

**Pediatric Orthopedic and Scoliosis Center**

A Division on Children's Specialists of San Diego

**Scott J. Mubarak MD**  
**Peter O. Newton MD**

**Dennis R. Wenger MD**  
**C. Douglas Wallace MD**

**Henry G. Chambers MD**  
**Maya Pring MD**

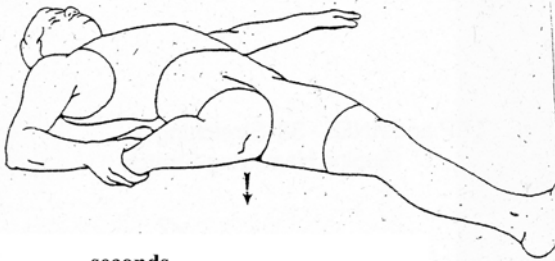
3030 Children's Way, Ste 410

San Diego, CA 92123

858 966 6789 / fax 858 966 6706

**UPPER LEG - 7**  
**Quadriceps**

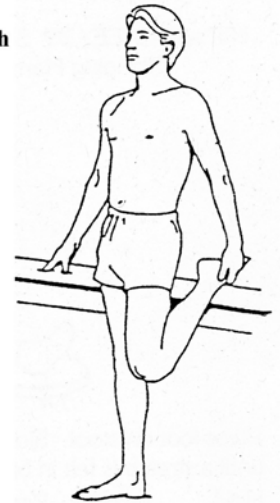
With leg up and pulled into side,  
gently lower the knee until stretch is felt.  
Repeat on other side



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

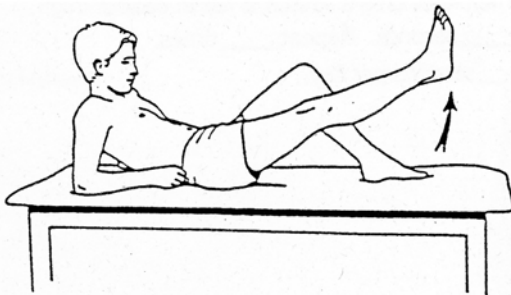
**HIP and KNEE - 37**  
**Stretching, Quadriceps Strength**

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



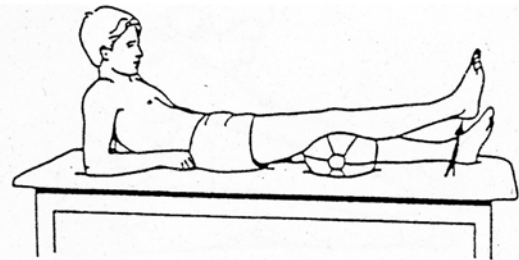
Hold \_\_\_\_\_ seconds  
Repeat \_\_\_\_\_ times  
Do \_\_\_\_\_ sessions per day

**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**



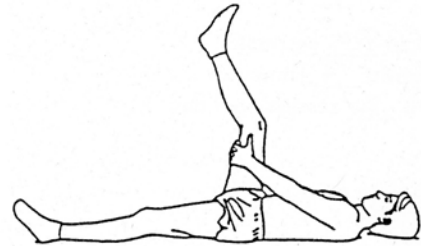
With knee bent over bolster, straighten knee by tightening  
muscle on top of thigh. Be sure to keep bottom of knee on  
bolster.  
Hold \_\_\_\_\_ seconds. Repeat \_\_\_\_\_ times  
Do \_\_\_\_\_ sessions per day

**HIP and KNEE – 39 Stretching  
Standing Hamstring Stretch**



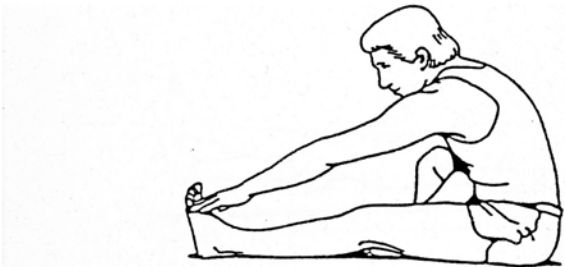
Place foot on stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.  
Hold \_\_\_\_ seconds. Repeat \_\_\_\_ times.  
Do \_\_\_\_ sessions per day.

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



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