

LOWER BODY STRETCHING EXERCISES



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LUNGE WITH CALF STRETCH

With hands on hips step one foot in front of the other bending the knee slowly until a stretch is felt in the calf. Hold for 5 seconds and repeat on the other side.

Practice these simple stretches at your workstation during breaks to prevent injury. These stretches can also improve strength and flexibility.

*Always speak with your doctor before attempting new stretches or treatments.



LEG RAISE

From a seated position with both legs on the floor raise one leg straight until stretch is felt. Hold for 5 seconds. Then repeat on the opposite side.

BACK CURL

Seated at the front of a chair with legs squarely on the floor, raise one leg up. Grasp knee with both hands and pull towards face until a stretch is felt. Hold for 5 seconds. Then repeat on the opposite side.



HIP STRETCH

From a seated position cross one leg over the other. With the opposite arm, pull the knee while looking over the shoulder of the knee you are pulling. Hold for 5 seconds and then repeat on the other side.



STANDING STRETCH

While standing place both hands on lower back with fingers pointing down. Gently lean back until a