

## At Home Stretches

The following stretches were provided as a reference to those working remotely from home. These stretches are a collaborative effort with CSUDH EHS, the CSUDH Kinesiology Department, along with the Kinesiology Student Association (KSA).

### Lower Extremities Stretches

**Regular stretching can improve flexibility, reduce lower back pain and contribute positively to overall health. Please consult your physician if you have pre-existing conditions prior to performing stretching activities.**



#### **Quad Stretch**

**Benefit** - Stretching the quadriceps muscles improves flexibility for this large muscle found in the front of thigh.

Lift up one leg, pull heel to behind.

Hold: 30 Seconds (Both sides)



### **Seated Piriformis**

**Benefit** - A seated Piriformis stretch can help to ease knee and ankle pain.

Cross one leg and slowly pull the knee against the chest.

Hold: 30 Seconds (Both sides)



### **Elevated Toes, Calf Stretch**

**Benefit** - This stretch can help maintain or improve flexibility in your calf muscles and Achilles tendon.

Place one foot onto an elevated object (2" high) Gently push hips forward.

Hold: 30 Seconds (Both sides)