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 heal 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)

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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)