

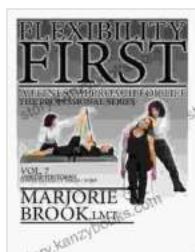
# Assisted Stretching Lower Extremity Thigh And Knee Flexibility First

## What is Assisted Stretching?

Assisted stretching is a type of stretching that is performed with the help of a partner or therapist. This can be done using a variety of techniques, such as manual stretching, where the partner or therapist applies gentle pressure to the muscles being stretched, or using a stretching strap or other device. Assisted stretching can be beneficial for people who have difficulty stretching independently, or who want to achieve a deeper stretch.

## Benefits of Assisted Stretching

Assisted stretching can offer a number of benefits, including:



### Flexibility First: A Fitness Approach For Life. The Professional Series. Volume 7.: Assisted Stretching Lower Extremity Thigh and Knee (Flexibility First: Professional Series) by Marjorie Brook

★★★★★ 5 out of 5

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Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 263 pages  
Lending : Enabled  
X-Ray for textbooks : Enabled



- Improved flexibility and range of motion
- Reduced pain and stiffness
- Improved posture
- Reduced risk of injury
- Improved athletic performance

## **How to Perform Assisted Stretching**

Assisted stretching can be performed in a variety of ways. The following are some general guidelines:

1. Find a partner or therapist who is experienced in assisted stretching.
2. Warm up before stretching by doing some light cardio and dynamic stretches.
3. Choose a stretch that is appropriate for your level of flexibility.
4. Start by gently stretching the muscle. Gradually increase the intensity of the stretch until you feel a comfortable stretch.
5. Hold the stretch for 20-30 seconds.
6. Repeat the stretch 2-3 times.

## **Assisted Stretching for the Lower Extremity**

The following are some assisted stretches that can be used to improve flexibility in the lower extremity:

- **Quadriceps stretch:** Lie on your back with your knees bent and your feet flat on the floor. Have your partner or therapist gently push down

on your knees until you feel a stretch in your quadriceps.

- **Hamstring stretch:** Sit on the floor with your legs extended in front of you. Have your partner or therapist gently pull back on your legs until you feel a stretch in your hamstrings.
- **Calf stretch:** Stand facing a wall with your feet hip-width apart. Step forward with one leg and bend your knee so that your heel is off the ground. Have your partner or therapist gently push down on your knee until you feel a stretch in your calf.
- **IT band stretch:** Stand with your feet hip-width apart. Cross your right leg over your left leg and bend your right knee so that your right foot is resting on your left thigh. Have your partner or therapist gently push down on your right knee until you feel a stretch in your IT band.

Assisted stretching can be a safe and effective way to improve flexibility, range of motion, and reduce pain. If you are new to assisted stretching, it is important to find a partner or therapist who is experienced in this technique. With regular practice, assisted stretching can help you achieve your flexibility goals.

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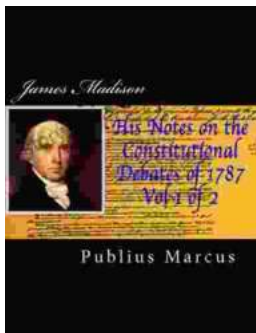
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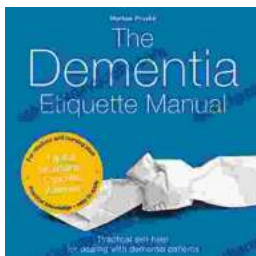
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