

PNF (Contract-Relax) Stretching/Flexibility Exercises

CALF – Straight leg contract relax with rope sitting up

Preparation:

Sit up straight and place rope over ball of foot.

Movement:

Pull back on rope until stretch is felt in calf - hold.

Push against rope with ball of foot for 5 seconds.

Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 repetitions. (1)



ADDUCTOR – Supine straight leg contract relax with rope

Preparation:

Position client as pictured with strap around the forefoot and pulling toward Abduction.

Movement:

Use the rope to Abduct the leg until first resistance barrier is felt, hold for 20 sec. Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 repetitions. (1)



ABDUCTOR – Straight leg contract relax with rope

Preparation:

Lie supine on a stretching table.

Put a long rope or piece of webbing around one foot.

Movement:

After placing the rope around the foot pull your leg straight up (keeping knee straight).

Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 repetitions. (1)



HAMSTRING – Straight leg standing contract relax

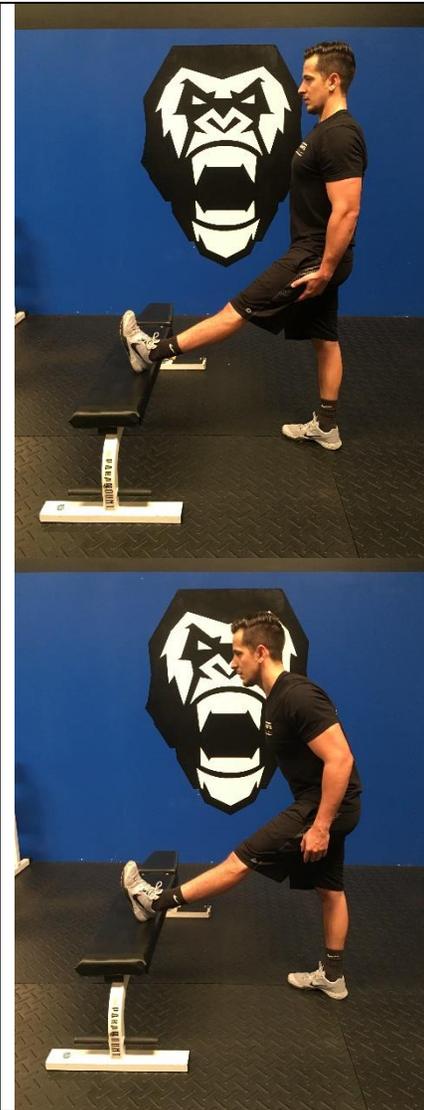
Preparation:

Lift leg onto box, table or bench while maintaining a straight leg and a neutral spine.

Movement:

Flex at hip until first resistance barrier is felt, hold for 20-30 seconds, then gently contract the hamstring pushing the heel into the table.

Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 repetitions. (1)



PIRIFORMIS – Contract relax using bench

Preparation:

Begin as pictured, maintain upper body posture.

Movement:

Flex at hip until stretch is noted, hold for 20-30 seconds.

Contract piriformis/ext. rotators essentially pushing the knee into the table, hold this for 5-7 seconds.

Hold at first resistance barrier for 20-30 seconds, then statically contract for 5-7 seconds, relax and move into newly acquired ROM, repeat for 2-3 repetitions. (1)



References

1. PT on the Net. Retrieved from <https://www.ptonthenet.com>