

## *Quadriceps Group Taoist Exercises*

*Opposite hand to opposite foot-quad and knee stretch. Hold top of left foot (from inside of foot) with right hand and gently pull, heel moving toward buttocks. Knee bends at natural angle and creates a good stretch in knee and quadriceps. Pulling opposite hand to opposite foot does not create any adverse angles in the knee and especially good for knee rehab and problem knees. Hold for 30 seconds. Do both legs.*

1. Stand upright with the top of one foot resting on a chair or low stand behind you.
2. Exhale, and flex the front knee.
3. Hold the stretch and relax.

1. Lie on your back at the edge of a table with your left side toward the edge.
2. Flex your right leg and it toward the Buttocks to help anchor and stabilizers
3. Grasp your leg under the right thigh with your right hand.
4. Exhale. Slowly lower your left leg off the table and grasp the ankle or foot with your left hand.
5. Inhale and slowly pull your left heel toward your buttocks.
6. Hold the stretch and relax.

1. Lie on your side.
2. Flex one leg and bring your heel toward your buttocks.
3. Exhale swing your arm back to grasp your ankle and pull your heel toward your buttocks without over compressing the knee.
4. Hold the Stretch and relax your hips.

### **Hamstrings**

1. Lie flat on your back in a doorway.
2. Position your hips slightly in front the door frame.
3. Rinse one leg and rest it against the door frame while keeping your knee extended and your bottom leg flat on the buttocks cheer to the doorpost or lift the leg away from the door frame.
4. Hold the stretch and relax.

*Next, straighten both legs and relax, then pull left leg toward your chest. Keep back of head on the mat, if possible, but don't strain. Hold an easy stretch for 30 seconds. Repeat, pulling right leg toward chest.*

1. Lie flat on your back with the legs flexed and heels close to the buttocks.
  2. Inhale and extend one leg upward.
  3. Grasp underneath the leg.
  4. Exhale and slowly pull the leg toward your face while keeping the leg straight
  5. Hold the stretch and relax.
- (If you have a bad back, flex the extended leg and slowly lower it to the floor)*

*Please the ball of your foot up on a secure support of some kind (wall, fence, table). Keep the down leg pointed straight ahead. Now bend the knee of the up leg as you move your hips forward. This should stretch your groin, hamstrings, and triceps of hip. Hold for 30 seconds. Do both sides. If possible, for balance and central, use your hands on to the support This stretch will necks it sides to lift your knees.*

*Variation: Instead of having the foot on the ground pointed straight ahead, turn it to the side (parallel to the support), then stretch as above. Take stretches the side of the upper legs. Hold for 25 seconds.*

1. Sit upright on a bed or bench with your knees flexed.
  2. Exhale, extend your upper torso, bend at the waist, and slough your stomach onto your thighs.
  3. Exhale, and slowly extend your legs.
  4. Hold the stretch and relax.
- (After a certain "critical point" the stretch will appear to shift to the hamstrings.)*  
*Hamstring Stretch using a length of bandages and passively raising the extended leg.*

## **Hamstrings**

*Next, straighten both legs and relax, then pull left leg toward your chest. Keep back of head on the mat, if possible, but don't strain. Hold an easy stretch for 30 seconds. Repeat, pulling right leg toward chest.*

- 1. Lie flat on your back in a doorway.*
- 2. Position your hips aligned in front of the door frame.*
- 3. Raise one leg and rest it against the door frame while keeping your knee extended and your bottom leg flat on the floor. To increase the stretch, slide the buttocks close to the door post or lift the leg away from the door frame.*
- 5. Hold the stretch and relax.*

- 1. Lie flat on your back with the legs flexed and heel close to the buttocks.*
- 2. Inhale and extend one leg upward.*
- 3. Grasp underneath the leg.*
- 4. Exhale and slowly pull the leg toward your face while keeping the leg straight.*
- 5. Hold the stretch and relax.*

- 1. Sit upright on a bed or bench with your knees flexed.*
- 2. Exhale, extend your upper torso, bend at the waist, and slowly lower your stomach onto your thighs.*
- 3. Exhale, and slowly extend your legs.*
- 4. Hold the stretch and relax. NOTE: After a certain "critical point" the stretch will appear to shift to the hamstrings.*

*If you have a hard back flex the extended leg and slowly it to the floor.*

*Place the ball of your foot up on a secure support of some kind (wall, fence table). Keep the down leg pointed straight ahead. Now bend the knees of the up leg as you save your hips forward. This should stretch your groins, hamstrings and fronts of hip. Hold for 30 seconds. Do both sides. If possible, for balance and control use your hands to hold on to the support. This stretch will make it easier to lift your knees.*