

LEG CRAMP STRETCHES

Use the below stretches to help with various types of leg cramps.

Inner Thigh Cramp Stretches

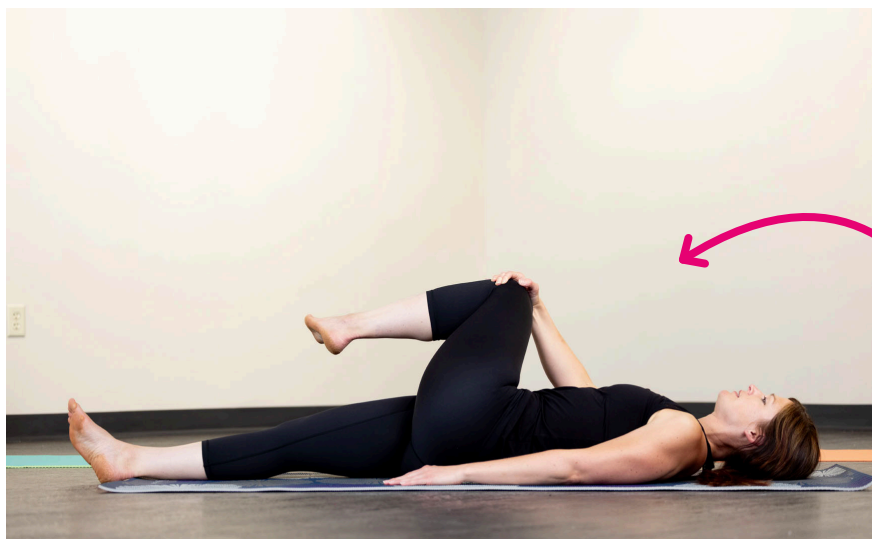


Supine Hip Adductor Stretch
Have knee fall to side. Should feel stretch inside of leg. Hold position.



Side Lunge Adductor Stretch
Standing in a wide stance, shift your weight to one side. Should feel stretch inside of leg. Hold position.

Outer Thigh Cramp Stretches



Supine Piriformis Stretch with Leg Straight
Laying on back, bring your knee toward your opposite shoulder. Should feel a stretch in your buttocks.

Calf Cramp Stretches



Gastroc Stretch on Wall

Standing in front of a wall, place your hands on the wall. Then extend one leg straight back and bend your front leg. Should feel a stretch in your calf.



Long Sitting Calf Stretch with Strap

Sitting on the ground with one knee bent, secure a strap around the other foot. Slowly pull the strap and foot towards you. Should feel a stretch in your calf.

Arch of Foot Cramp Stretches



Seated Plantar Fascia Stretch

Sitting in a chair, cross one leg over your other knee. Hold your ankle with one hand and toes with the other. Pull your toes back until you feel a stretch in the bottom of your foot. Hold position.

Seated Plantar Fascia Mobilization with Small Ball

Sitting in a chair, roll a ball around on the middle of your foot.



Marshfield Clinic
Health System

shine365