



Thigh Self-Stretch/Myomobilization™

The purpose of this stretch is to loosen and stretch the soft tissue of the thigh and knee. Used in conjunction with your therapy, this self stretch can help with knee and thigh pain, as well as range of motion limitations. Using rubber non-skid shelf liner facilitates a better grip. You can obtain shelf liner at most discount or home supply stores.

Placement of the hand(s) depends on the area of tightness in the thigh. You will receive instruction from your therapist on which areas to emphasize. Be curious when it comes to choosing the direction of stretch. Look for familiar or unfamiliar tightness, pain, or other symptoms when moving your hand in a direction. Once you connect with a familiar tightness or gentle pain, hold that direction. You are not trying to force the soft tissue at all; you are patiently holding at the barrier, waiting for it to loosen. Your therapist will help you develop this feel. There may be times when you wish to apply more pressure to access the deeper layers of the thigh. This will give a more complete type of stretch. Always follow this stretch up with a quadriceps lengthening stretch.

Disclaimer: The information provided above is intended for use in conjunction with a qualified health care professional. Please do not attempt these techniques yourself without proper instruction.

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