

Iliopsoas and IT Band Stretch – Prone

Stabilize the pelvis with one hand.
Cradle the knee with the other hand.
Pull it up then toward the other leg.
Hold for 60 seconds, reposition
then repeat for 60 seconds.



Soleus Stretch – Prone

While lying on stomach, flex knee 90
degrees.
Stabilize the lower leg. Grasp the heel and
foot and press down to stretch the calf.
Hold for 60 seconds, reposition and then
repeat 60 seconds.



Wrist and Finger Extension

Hold the palm with two hands and slowly
extend the wrist.
Move one hand towards the fingers
continuing to extend the wrist and the
fingers.
Hold for 60 seconds, reposition and repeat
60 seconds.



Forearm Supination Stretch – Supine

Stabilize elbow at side of body.
Hold just above the wrist and turn the arm
to palm up position.
Hold for 60 seconds, reposition
then repeat for 60 seconds.



Compliments of the Duchenne Therapy Network and CureDuchenne Cares