

PNF STRETCH POSITIONS

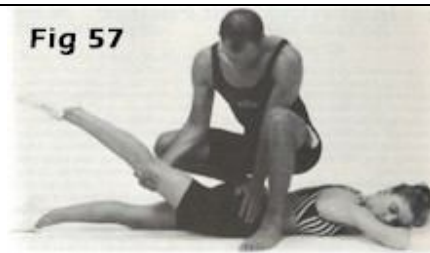
PECTORALS



N.B. Do not attempt a PNF stretch of the pecs on a client that has a history of shoulder dislocation.

Avoid conducting this stretch with the client in a standing position as the client tends to put excess body weight behind the contraction phases.

HIP FLEXORS



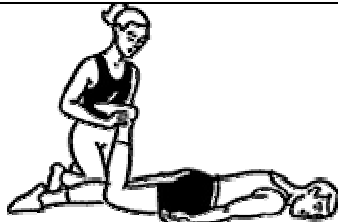
N.B. To stretch the Hip Flexors the hip joint must be brought into hyper extension.

This can be done kneeling beside the client and there is no need to straddle the client!!



Hip flexors can be stretched with client in sidelying position, but watch for trunk rotation and lumbar extension in this position.

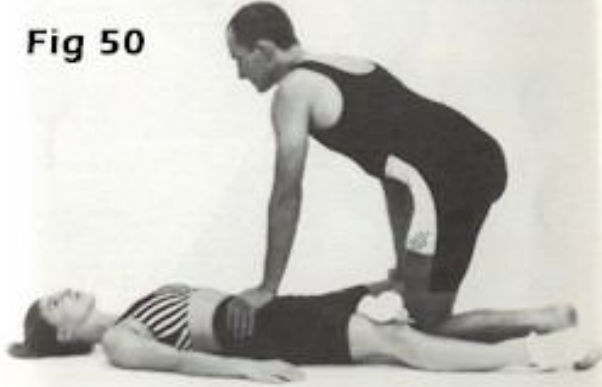
QUADRICEPS



N.B. – for your comfort and safety you should position yourself on the side that's being stretched. i.e. if stretching the clients right quads then kneel beside the client's right leg.

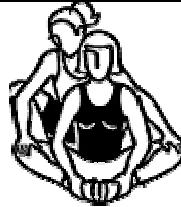
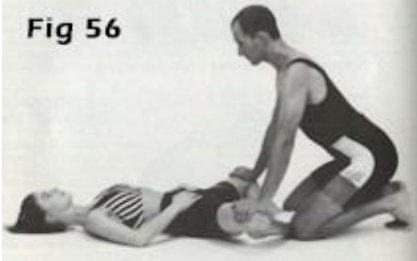
ADDUCTORS

Fig 50



N.B. Do not conduct the double adductor PNF stretch as in the images below if the client has a history of pelvic instability.

Fig 56



HAMSTRINGS



CALF



N.B. – when in supine position there is no need to bring the hip joint into 90° of flexion (note this client's uninvolved leg – looks like his hip flexors are tight)



Can use same position as for MLA of Calf & Soleus.

Remember that to stretch the soleus the knee must be bent.

Soleus can be stretched with client in prone position, with knee bent to 90° .