

# Stretches for Leg Length Discrepancy

## Quadratus Lumborum (QL)

1. Start in the "active sitting" posture
2. Engage the transverse (do a "transverse hold")
3. Slowly lean on one elbow and reach the other arm overhead \*keep your pelvis planted on the sitting surface\*
4. Hold this stretch for 15-30 seconds
5. Repeat on opposite side

### Sitting QL Stretch



## Gluteus Medius

1. Sit on the floor with your legs straight in front of you
2. Place your foot on the outside of the other knee
3. Tilt your pelvis forwards
4. Sit as tall as possible
5. Pull your knee towards the opposite shoulder
6. Aim to feel a stretch on the outer hip
7. Hold for 30 seconds



1. Lie down on the floor
2. Cross your leg over your body
3. Pull your knee towards the opposite side
4. Make sure to minimize the amount of pelvic rotation as you are pulling the knee
5. Hold for 30 seconds



## ***Tensor Fasciae Latae (TFL)***

1. Lie down on your side  
\*the hip on the UPPER side will be stretched\*
2. Bend your knee backwards
3. Hold onto your ankle and pull your foot towards your buttock
4. Try to bring your leg backwards as far as possible without arching your lower back
5. Engage your buttocks and push your hips forward
6. Let the knee drop towards the ground
7. Hold for 30 seconds



1. Lie down on the floor facing upwards
2. Slightly bend your knee
3. Allow the knee to fall towards the mid-line
4. Place the other foot on the outside of the knee
5. Push the knee down towards the ground
6. Tuck your tailbone underneath you and push your hips forwards
7. Hold for 30 seconds



## ***Adductors***

1. **Start from a standing position**
2. **Have your feet wide apart**
3. **Keep your feet facing forwards**
4. **Lunge towards the side as far as you can go**  
**\*the leg you lean away from is being stretched\***
5. **Aim to feel a stretch in the groin**



1. **Sit down on the edge of a chair**
2. **Spread your knees and feet apart as wide as possible**
3. **Sit upright**
4. **Push your knees outwards with your hands**
5. **Maintain the arch in the lower back**
6. **Lean your torso forwards by hinging at the hips**
7. **Hold for 30 seconds**

