OHSU Dept. of Orthopaedics & Rehabilitation

The Famous Dr. Rainville Stretch: progressive extensor chain stretch

1. Begin with feet 6 inches apart and approximately 30 inches from a table or chair back. Keep both heels on the floor. Straighten your knees and relax.
2. Place forehead and forearms on edge of table (use pillow or towel as a cushion).
3. You should feel a stretch behind your knees and in your calf muscle. Relax and hold the stretch for 30 seconds.
4. Step feet in 6 inches closer to the table, relax, and hold at least 30 seconds. You should feel the stretch behind your knees and in the hamstring muscle.
5. Step 6 inches closer, relax, and hold for 30 seconds. You should feel a stretch in your hamstring muscle and back.
6. Walk as close as possible to the table or chair.
7. Repeat 3 to 4 times per day.
8. When stretch becomes easy, find a lower surface for your forearms and head, such as a low bureau, desk top, or arm of couch.

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| _DSC3290  Steps 1, 2, 3 | _DSC3291  Step 4 | _DSC3292  Step 5 |

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