



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh. You can bring your toes up towards your shin to feel a stretch in your calf as well. Be sure to keep your back flat, and hinge forward at your hips, not at your low back.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



HALF KNEEL HIP FLEXOR STRETCH

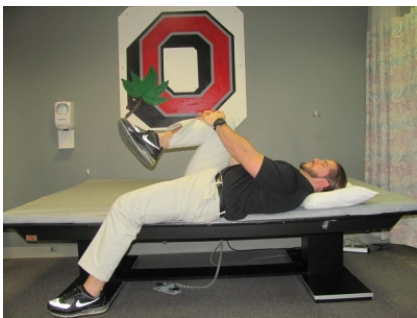
While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



ALTERNATE Hip Flexor Stretch

Sit on the edge of a bed (high enough so your foot doesn't touch the ground), grab one knee and lie back onto the bed in the position as shown in the picture.

Keep hugging the knee close to your chest so that your back doesn't arch. (Note: You can pull on the thigh if it is more comfortable for your knee.)

Let the other leg relax and hang toward the floor until a stretch is felt along the front of the thigh.

Repeat on the opposite side.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. □ □

Be sure to keep both heels on the ground.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



Side-lying Quad Stretch with Belt

After placing the belt around the foot of the leg you want to stretch, lie on the other side. Bend your bottom leg for comfort. Pull the belt behind you over your shoulder, bending your knee until you feel a gentle stretch in your front thigh.

Repeat 3 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day