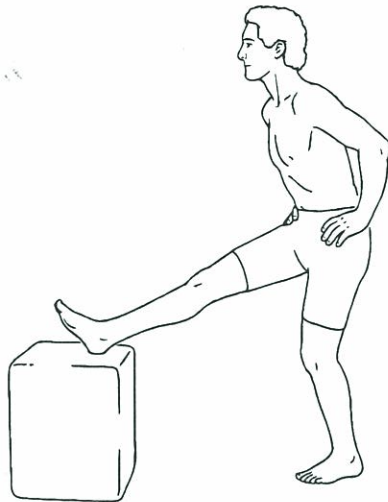


HIP / KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool.
Slowly lean forward,
keeping back straight,
until stretch is felt
in back of thigh.
Hold 10 seconds.

Repeat 5 times
per set.
Do 1 sets
per session.
Do 1 sessions
per day.



HIP / KNEE - 48 Piriformis (Supine)



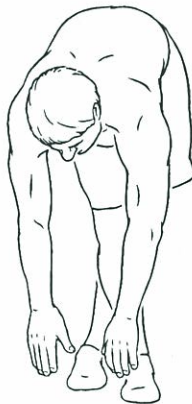
Cross legs, right on top. Gently pull other knee toward
chest until stretch is felt in buttock/hip of top leg.
Hold 10 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 1 sessions per day.

HIP / KNEE - 67 Stretching: Iliotibial Band

Cross left leg behind other leg.
Bend at waist, reaching toward
floor. Hold 10 seconds. Relax.

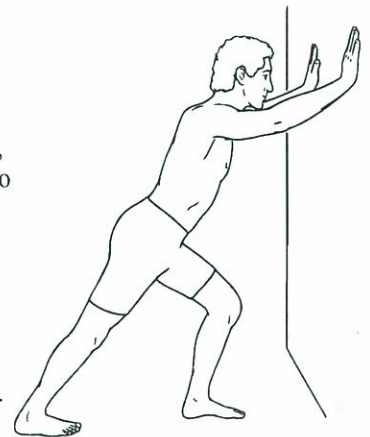
Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.



ANKLE / FOOT - 14 Gastroc Stretch

Stand with right foot back,
leg straight, forward leg
bent. Keeping heel on floor,
turned slightly out, lean into
wall until stretch is felt in
calf. Hold 10 seconds.

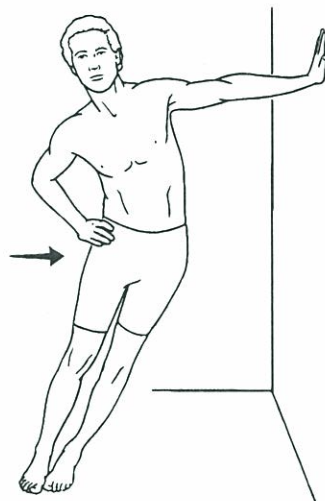
Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.



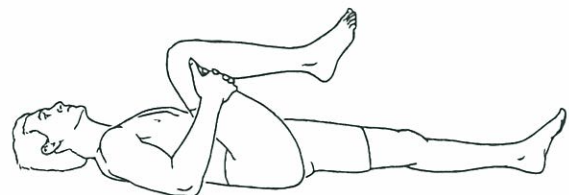
BACK - 6 Wall Lean Stretch

With left hand against
wall, slowly stretch hips
toward wall, other arm
supporting trunk. Hold
10 seconds. Relax.

Repeat 5 times per set.
Do 1 sets per session.
Do 1 sessions per day.



BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind right knee, pull knee in to chest until
a comfortable stretch is felt in lower back and buttocks.
Keep back relaxed. Hold 10 seconds.

Repeat 5 times per set. Do 1 sets per session.
Do 1 sessions per day.