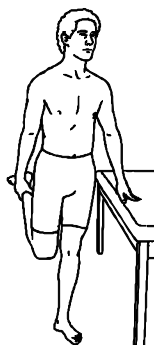


HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 20-30 seconds.

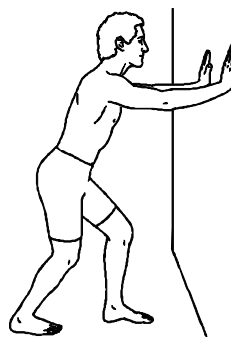
Repeat 3 times per set.
Do sets per session.
Do sessions per day.



HIP / KNEE - 42 Stretching: Soleus

Stand with right foot back, both knees bent. Keeping heel on floor, turned slightly out, lean into wall until stretch is felt in lower calf. Hold 20-30 seconds.

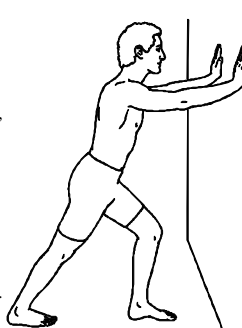
Repeat 3 times per set.
Do sets per session.
Do sessions per day.



HIP / KNEE - 41 Stretching: Gastroc

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 20-30 seconds.

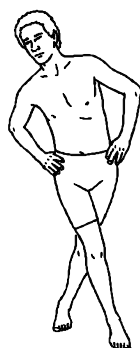
Repeat 3 times per set.
Do sets per session.
Do sessions per day.



HIP / KNEE - 36 Stretching: Tensor

Cross right leg over the other, then lean to same side until stretch is felt on other hip. Hold 20-30 seconds.

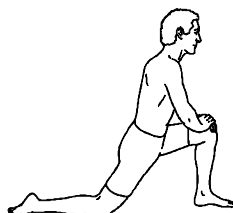
Repeat times per set.
Do sets per session.
Do sessions per day.



HIP / KNEE - 34 Stretching: Hip Flexor

Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 20-30 seconds.

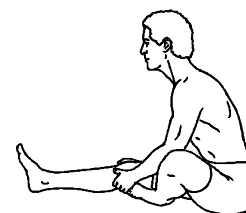
Repeat 3 times per set. Do sets per session.
Do sessions per day.



HIP / KNEE - 40 Stretching: Hamstring (Sitting)

With right leg straight, tuck other foot near groin. Reach down until stretch is felt in back of thigh. Keep back straight. Hold 20-30 seconds.

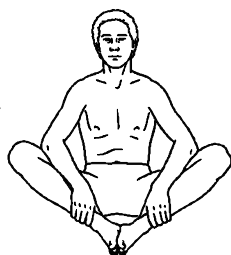
Repeat 3 times per set. Do sets per session.
Do sessions per day.



HIP / KNEE - 32 Stretching: Inner Thigh / Groin

Place heels together and pull feet toward groin until stretch is felt in groin and inner thigh. Hold 20-30 seconds.

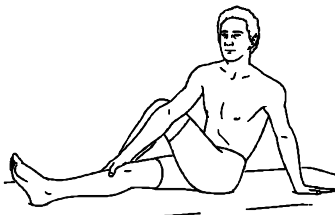
Repeat 3 times per set.
Do sets per session.
Do sessions per day.



HIP / KNEE - 35 Stretching: Piriformis

Cross left leg over other thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold 20-30 seconds.

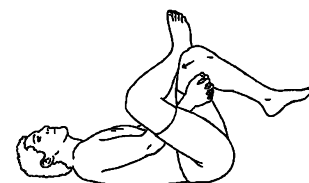
Repeat 3 times per set. Do sets per session.
Do sessions per day.



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 20-30 seconds.

Repeat 3 times per set. Do sets per session.
Do sessions per day.



ANKLE / FOOT - 12 Plantar Fascia Stretch

Standing with only ball of left foot on stair, push heel down until stretch is felt through arch of foot. Hold 20-30 seconds. Relax.

Repeat 3 times per set.
Do sets per session.
Do sessions per day.

