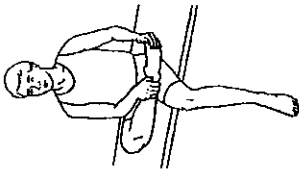


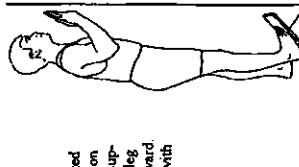
LOWER LEG - 3 Ankle - Dorsiflexion / Toe Extensors



Grasping top portion of foot, pull foot back until stretch is felt. Hold 10 seconds. Repeat with other foot.

Repeat 5 times.
Do 2 sessions per day.

LOWER LEG - 11 Gastroc / Plantar Fascia



Put one foot on a wedge (slanted at about 30°) with heel resting on floor. Keep toes straight, and support with hands on wall. With leg straight, press entire body forward. Hold 10 seconds. Repeat with other leg.

Repeat 5 times.
Do 2 sessions per day.

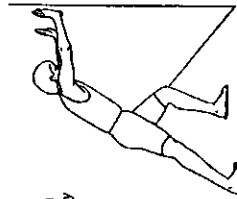
LOWER LEG - 13 Plantar Fascia



From stairs or a curb, lower heel until stretch is felt. Hold 10 seconds. Repeat with other heel.

Repeat 5 times.
Do 2 sessions per day.

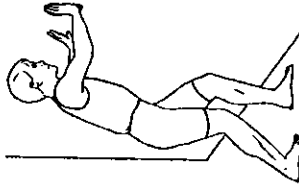
LOWER LEG - 8 Gastroc



Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 10 seconds. Repeat with other leg.

Repeat 5 times.
Do 2 sessions per day.

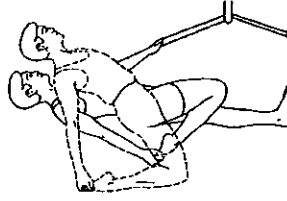
LOWER LEG - 7 Soleus



Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 10 seconds. Repeat with other leg.

Repeat 5 times.
Do 2 sessions per day.

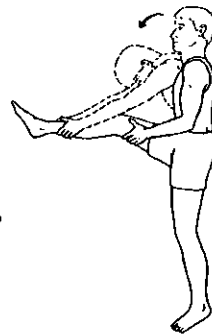
UPPER LEG - 6 Quadriceps



From starting position, raise leg until stretch is felt. Hold 10 seconds. Repeat with other leg.

Repeat 5 times.
Do 2 sessions per day.

HAMSTRINGS - 7 Leg Raise



With hand behind knee, pull leg forward until stretch is felt. Hold 10 seconds. For more stretch, move hands up the leg toward ankle. Repeat with other leg.

Repeat 5 times. Do 2 sessions per day.

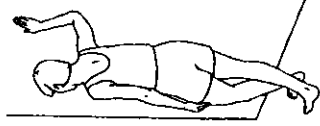
GROIN - 5 Thigh Adductors



From beginning position, slide foot further to side until stretch is felt. Hold 10 seconds. Repeat to other side.

Repeat 5 times. Do 2 sessions per day.

HIP OBLIQUE - 9 Iliotibial Band

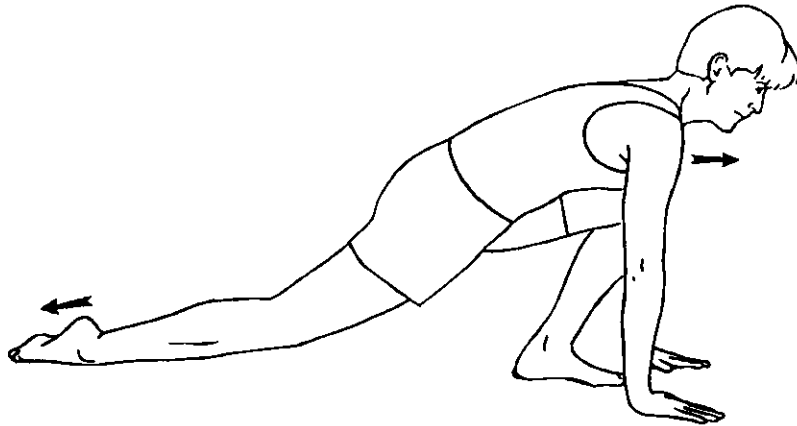


Cross right leg behind the left. Lean right hip toward wall while bending left knee and keeping right knee straight. Hold 10 seconds. Repeat with left leg behind right.

For a variation of this stretch, cross right leg *in front of* the left leg.

Repeat 5 times.
Do 2 sessions per day.

HIP OBLIQUE - 11 Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold 10 seconds. Repeat with other foot.

Repeat 5 times. Do 2 sessions per day.

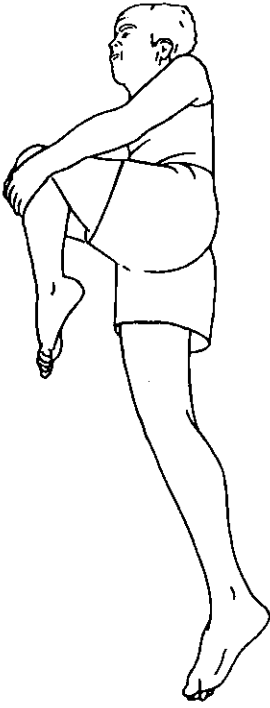
HIP OBLIQUE - 10 External Rotators



With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold 10 seconds. Repeat with other side.

Repeat 5 times. Do 2 sessions per day.

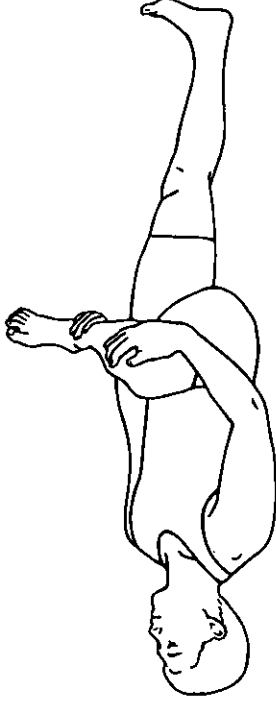
HIP OBLIQUE - 5 External Rotators



Clasp hands around knee and gently press it toward opposite shoulder. Hold 20 seconds. Feel stretch in buttocks and outside of the hip. Repeat with other leg.

Repeat 4 times. Do 1 sessions per day.

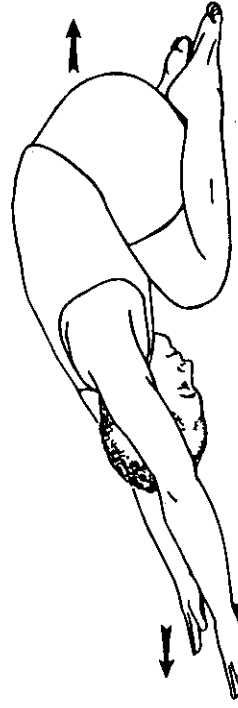
HIP OBLIQUE - 8 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 20 seconds. Repeat with other leg.

Repeat 4 times. Do 1 sessions per day.

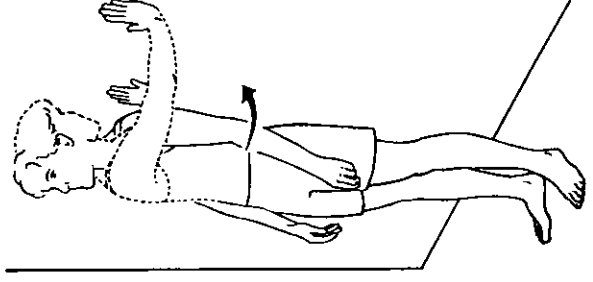
UPPER BACK - 2 Upper and Mid Extensors



Slide hands forward and buttocks back. Hold 20 seconds.

Repeat 4 times. Do 1 sessions per day.

UPPER BACK - 4 Rotators



With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold 20 seconds. Repeat to other side.

Repeat 4 times.

Do 1 sessions per day.