



HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt under your leg, calf area.

Keep your knee in a straightened position during the stretch.



QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position.



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be straight the entire time.

PIRIFORMIS STRETCH - MODIFIED

While lying on your back, hold your knee with your opposite hand and draw your knee up and over towards your opposite shoulder.

