

Calf Stretch - Lunge to Wall

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch



Hold for 15-30sec seconds. Repeat 2-3 times.

Calf Stretch - Toes On Wall

- Stand, place toes against wall, ankle on floor
- Lean into the wall, keep the knee straight



Hold for 15-30sec seconds. Repeat 2-3 times.

Quadriceps Stretch on Chair - Standing

- Stand facing away from a chair
- Raise one foot and place toes on chair
- Push hips forward & toes back to intensify stretch
- Hold something for support if necessary



Hold for 15-30sec seconds. Repeat 2-3 times.

Quadriceps Stretch - Standing

- Stand, bend one leg & grasp the ankle
- Pull ankle to buttock
- Stand tall



Hold for 15-30sec seconds. Repeat 2-3 times.

Hip Flexor Stretch - Kneeling

- Kneel in lunge position
- Upright posture
- Contract abdominals to tilt pelvis backward
- Contract buttocks to assist



Hold for 15-30sec seconds. Repeat 2-3 times.

Hamstring Stretch - Seated on Chair

- Sit on edge of chair with one leg straight in front
- Ankle on the floor
- Keep hips square to outstretched leg
- Upright posture, lean forward over straight leg



Hold for 15-30sec seconds. Repeat 2-3 times.

Hamstring Stretch - Standing, Foot Elevated

- Stand
- Raise one foot onto a chair, leg straight
- Keep hips square to outstretched leg
- Upright posture, lean forward over elevated leg
- Hold something for support if necessary



Hold for 15-30sec seconds. Repeat 2-3 times.