

Stretches

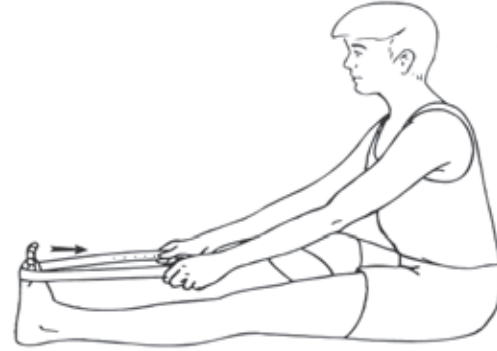
HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Pull belly button for core stabilization (retroversion of pelvis). Hold 30 seconds.



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

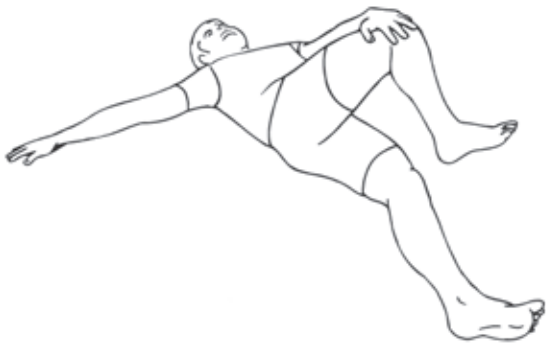
LOWER LEG - 14 Gastroc



With strap or towel around ball of foot, maintain the hollow in the small of your back, and gently pull towel back until stretch is felt. Hold 30 seconds. Repeat with other foot.

Repeat _____ times. Do _____ sessions per day.

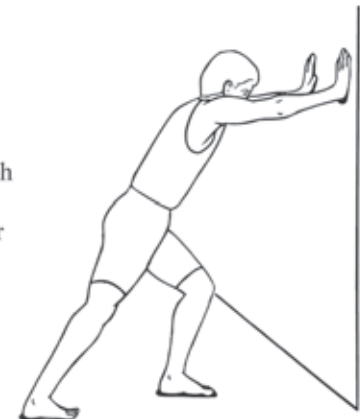
HIP OBLIQUE - 6 External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold _____ seconds. Repeat with other leg.
Repeat _____ times. Do _____ 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 _____ seconds. Repeat with other leg.



Repeat _____ times.
Do _____ sessions per day.

HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold _____ seconds. Repeat with other leg.
Repeat _____ times. Do _____ sessions per day.

ANKLE / FOOT - 39 Ankle Plantar Flexion: Self-Mobilization (Kneeling)

With right foot pointed behind, slowly lean down and back until gentle stretch is felt. Hold 30 seconds. Relax.



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

ANKLE / FOOT - 40 Toe Extension / Ankle Dorsiflexion: Self-Mobilization (Kneeling)

On right knee and toes, lean down and back until gentle stretch is felt. Hold 30 seconds. Repeat other side. Relax.



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

GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold _____ seconds.



Repeat _____ times.
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 30 seconds.



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

HIP / KNEE - 67 Stretching: Iliotibial Band

Cross left leg behind other leg. Bend at waist, reaching toward floor. Hold 30 seconds. Relax. Repeat other side.



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