



## 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 until a stretch is felt on the front of the thigh. Do NOT let your knee move forward in front of the standing knee or let it drift outward away from the standing leg.

Keep back straight and abdominals braced to protect your spine.

Repeat 2 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



## STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

--Keep your back straight and your abdominals braced to protect your spine.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Slightly bend or unlock the knee if you feel too much pulling behind your knee.

Repeat 2 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



## STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 2 Times  
Hold 30 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day



### PIRIFORMIS STRETCH

While lying on your back and leg crossed on top of your opposite knee, hold your knee with your opposite hand and bring your knee up and over across your midline towards your opposite shoulder for a stretch felt in the buttock.

Repeat 3 Times  
Hold 20 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day



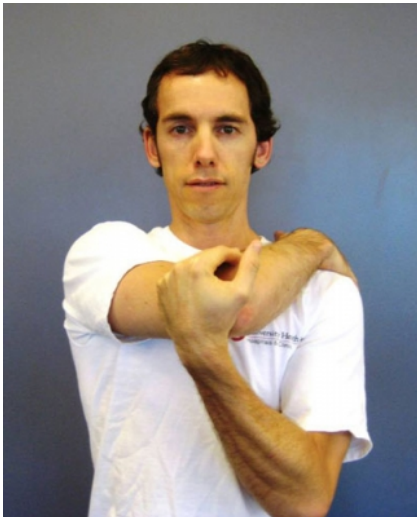
### CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

Repeat 5 Times  
Hold 10 Seconds  
Complete 1 Set  
Perform 1 Time(s) a Day

NOTE: Your legs should control the stretch by bending or straightening your front knee.

Lead with your chest and not your head.



### Posterior Capsule Stretch

Gently Pull on left forward elbow with the other hand until a stretch is felt in the shoulder. Rest your hand on the top of your opposite shoulder.

Repeat 3 Times  
Hold 15 Seconds  
Complete 2 Sets  
Perform 1 Time(s) a Day

Support the underside of your elbow as well to keep the arm straight across the chest.