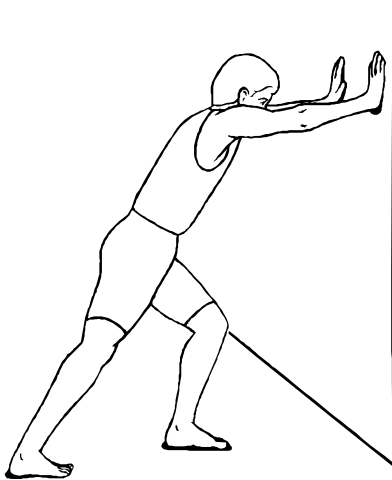


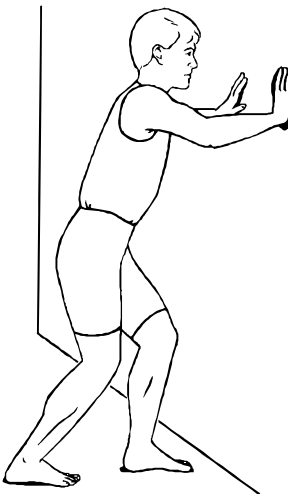
LOWER LEG - 8 Gastroc



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.

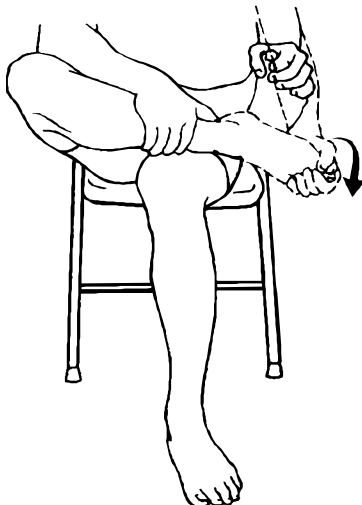
LOWER LEG - 7 Soleus



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

Repeat _____ times. Do _____ sessions per day.

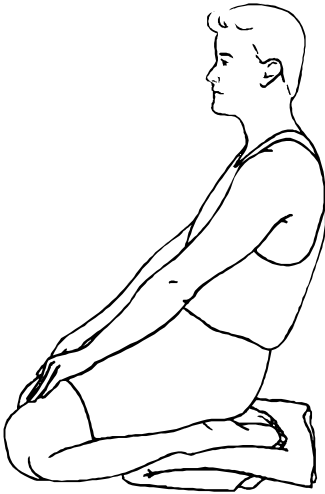
LOWER LEG - 4 Ankle



Support one leg on the other and rotate that ankle clock-wise, then counterclockwise, _____ revolutions. Repeat with other ankle.

Repeat _____ times. Do _____ sessions per day.

LOWER LEG - 6 Ankle - Dorsiflexion / Toe Extensors

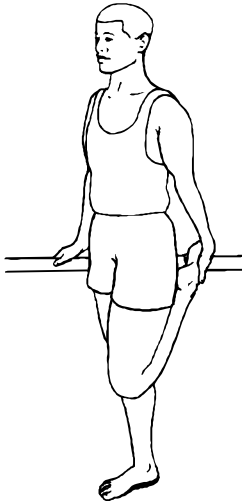


From sitting position, gently lean back until stretch is felt. Hold 30 seconds. For greater stretch, place a towel or blanket under ankles.

CAUTION: Do not do if knee problems exist.

Repeat 5 times.
Do 1 sessions per day.

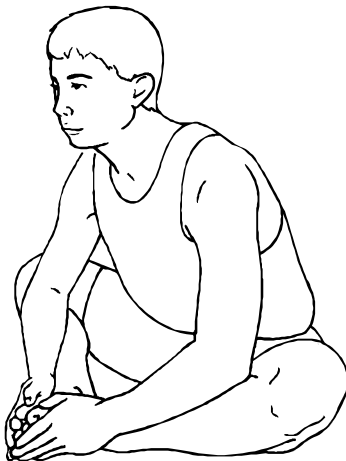
UPPER LEG - 2 Quadriceps



Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30 seconds. Repeat with other heel.

Repeat 5 times. Do 1 sessions per day.

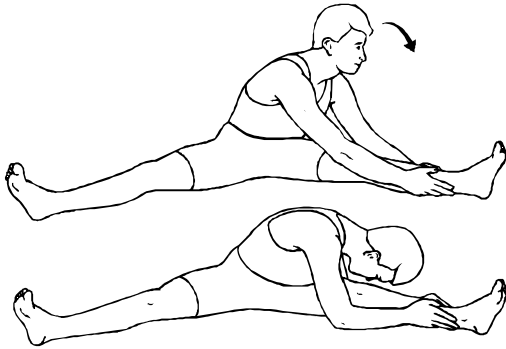
GROIN - 3 Thigh Adductors



Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 30 seconds.

Repeat 5 times. Do 1 sessions per day.

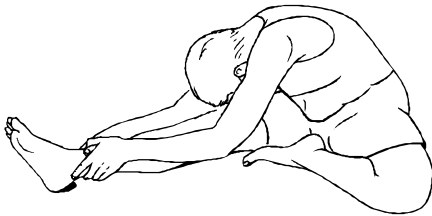
HAMSTRINGS - 6 Side Bend



With feet apart, pull head toward knee until stretch is felt. Hold 30 seconds. Repeat toward other knee.

Repeat 5 times. Do 1 sessions per day.

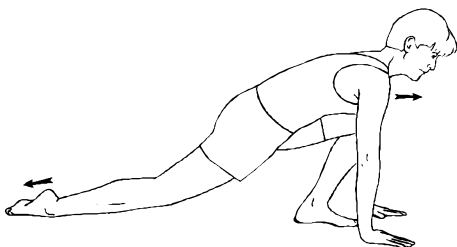
HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 30 seconds. Repeat with other leg.

Repeat 5 times. Do 1 sessions per day.

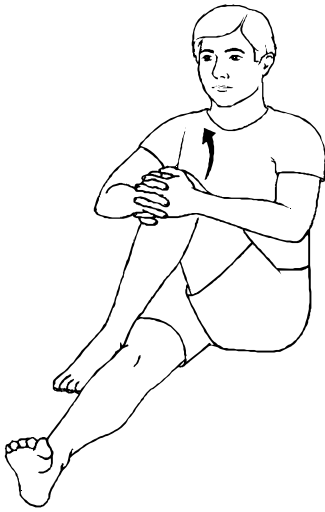
HIP OBLIQUE - 11 Flexors



From position shown, slide foot back and move trunk for-ward until stretch is felt. Hold 30 seconds. Repeat with other foot.

Repeat 5 times. Do 1 sessions per day.

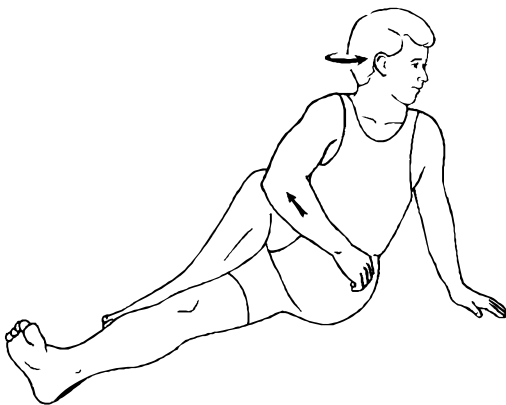
HIP OBLIQUE - 7 External Rotators



From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold 30 seconds. Repeat with other knee.

Repeat 5 times. Do 1 sessions per day.

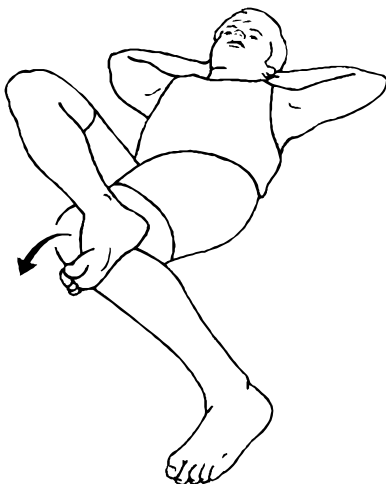
HIP OBLIQUE - 10 External Rotators



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 30 seconds. Repeat with other side.

Repeat 5 times. Do 1 sessions per day.

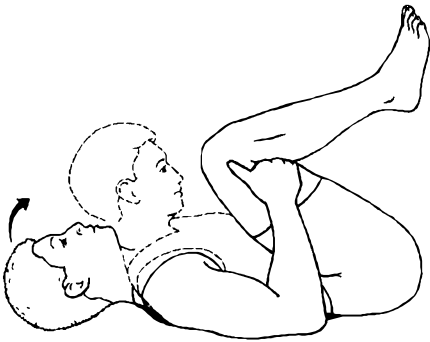
HIP OBLIQUE - 4 External Rotators



Keeping head, neck and back flat, bring right leg over left. Use right leg to pull left leg to floor until stretch is felt. Hold 30 seconds. Repeat with left leg over right.

Repeat 5 times. Do 1 sessions per day.

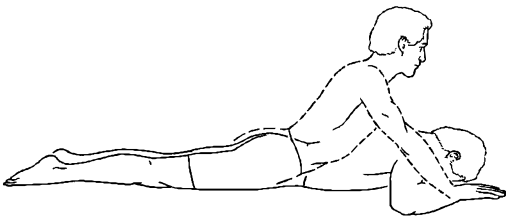
LOWER BACK - 2 Extensors / Gluteal



Bring both knees to chest and hold. For more stretch, bring head to knees and hold. Hold _____ seconds.

Repeat _____ times. Do _____ sessions per day.

BACK - 2 Press-Up



Press upper body upward, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold _____ seconds.

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

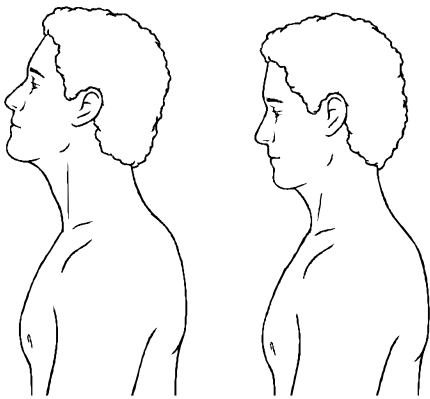
CERVICAL SPINE - 3 AROM: Neck Flexion



Bend head forward.
Hold 0-5 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

CERVICAL SPINE - 25 Flexibility: Neck Retraction



Pull head straight back, keeping eyes and jaw level.

Repeat 10 times per set. Do 1 sets per session.
Do 1-2 sessions per day.

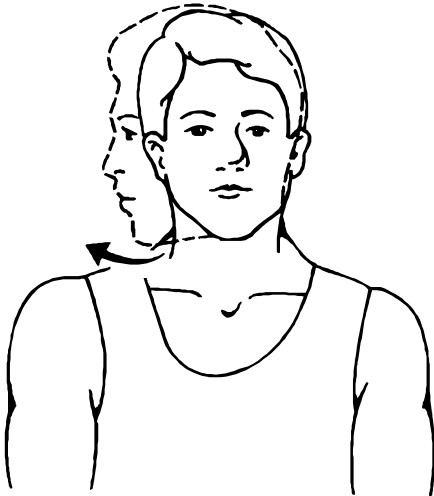
CERVICAL SPINE - 4 AROM: Neck Extension



Bend head backward.
Hold 0-5 seconds.

Repeat 10 times per set.
Do 1 sets per session.
Do 1-2 sessions per day.

NECK - 6 Rotators



Turn head slowly to look over one shoulder. Hold _____ seconds.
Repeat toward other shoulder.

Repeat _____ times. Do _____ sessions per day.

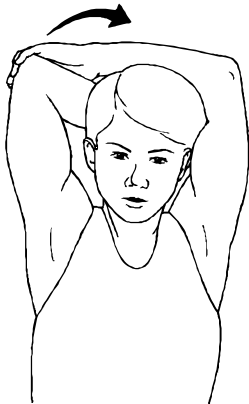
SHOULDERS - 3 Posterior Deltoids / Rhomboids



Pull arm across chest until stretch is felt. Turn head away from pull.
Hold 30 seconds. Repeat with other arm.

Repeat 5 times. Do 1 sessions per day.

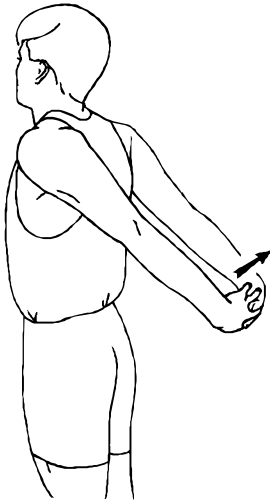
ARMS - 8 Triceps



Pull elbow behind head
until stretch is felt. Re-
peat with other elbow.
Hold 30 seconds.

Repeat 5 times. Do 1 sessions per day.

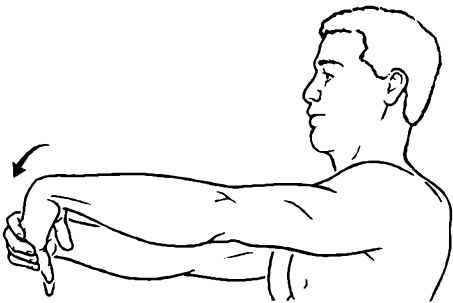
ARMS - 1 Biceps



With arms straight and fingers interlaced, raise arms until stretch is felt. Hold _____ seconds.

Repeat _____ times. Do _____ sessions per day.

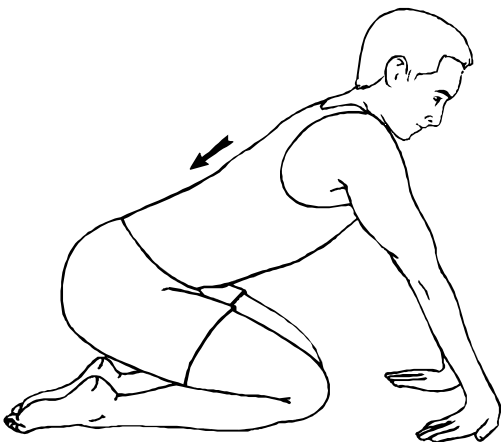
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 5-10 seconds. Relax.

Repeat 10 times per set. Do 1 sets per session. Do 1 sessions per day.

ARMS - 4 Flexors



From kneeling position, with palms flat and fingers pointed backward, slowly lean back until stretch is felt. Hold 30 seconds.

Repeat 5 times. Do 1 sessions per day.