HIP/KNEE - 63 Stretching: Calf - Towel

Sit with knee straight and towel looped around right foot. Gently pull on towel until stretch is felt in calf.
Hold _30_ seconds.
Repeat _3_ times per set. Do _1_ sets per session.
Do _2_ sessions per day.

HIP/KNEE - 38 Stretching: Hamstring (Supine)

Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold _30_ seconds.
Repeat _3_ times per set. Do _1_ sets per session.
Do _2_ sessions per day.

HIP/KNEE - 39 Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh.
Hold _30_ seconds.
Repeat _3_ times per set. Do _1_ sets per session.
Do _2_ sessions per day.

ANKLE/FOOT - 12 Plantar Fascia Stretch

Standing with only ball of right foot on stool, push heel down until stretch is felt through arch of foot.
Hold _30_ seconds. Relax.
Repeat _3_ times per set. Do _1_ sets per session.
Do _2_ sessions per day.

BACK - 18 Knee-to-Chest Stretch: Unilateral

With hand behind RIGHT / LEFT knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed.
Hold _30_ seconds.
Repeat _3_ times per set. Do _1_ sets per session.
Do _2_ sessions per day.

BACK - 19 Knee-to-Chest Stretch: Bilateral

With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold _30_ seconds.
Repeat _3_ times per set. Do _1_ sets per session.
Do _2_ sessions per day.

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