



How to:

- Hold all stretches 15-30 seconds
- Repeat each stretch 1 to 3 times
- Do 1 to 3 times per day (morning, lunch time, evening)
- Use heat on sore spots in the morning and ice on sore spots in the evening!

Calf Stretch

- Elevate toe, heel should be in contact w/ground
- Feel pull up the back of the lower leg



Hamstring

- Sit on a chair, couch or bed
- 1 foot up, 1 on floor
- reach toward foot keeping your leg as straight as possible
- Hold 15-30 seconds then switch hands
- Feel pull through the back of the upper leg



Piriformis

- sit in a chair, cross your leg
- slide the ankle along the thigh so it is as comfortably close to the hip as it will go
- gently pull the knee up, toward the chest/chin



Quadricep

- grab your ankle
- pull your foot as close to your glute as you can
- if you cannot grab your ankle, try placing your fingers inside the back of your shoe (picture) or place your foot on an object (arm of a chair) that gets your foot closer to your glute
- Feel a pull up the front of the thigh



Upper body

- 1) Chest/shoulder
- 2) Rotator cuff
- 3) Shoulder/triceps/lats



Forearm Stretch

- 1) extend the arm straight out, flex wrist to point fingers toward the sky, gently pull back fingers
- 2) keep arm extended, flex wrist to point fingers toward floor, gently pull on the back of the hand