

LOWER LEG - 8 Plantar Fascia

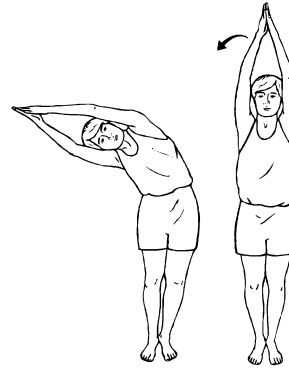
From stairs or a curb, lower heel until stretch is felt. Hold 30 seconds. Repeat with other heel.



Repeat 2 times.

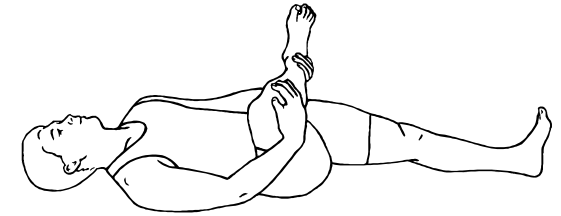
HIP OBLIQUE - 4 Abductors

From starting position, bend the body to the side as far as possible until stretch is felt. Hold 30 seconds. Repeat to other side.



Repeat 2 times.

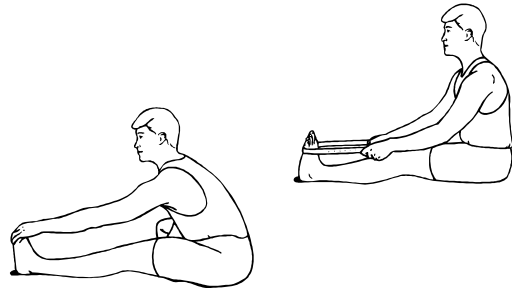
HIP OBLIQUE - 3 Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold 30 seconds. Repeat with other leg.

Repeat 2 times.

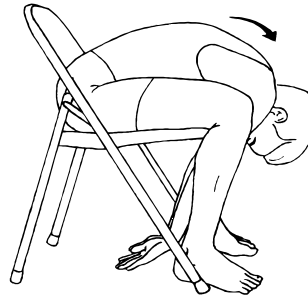
HAMSTRINGS - 2 Pull Back Toes, Single Leg



With towel or belt around foot, pull toes toward knee until stretch is felt. Hold 30 seconds. If you are more flexible, use hand to pull toes. Repeat with other leg.

Repeat 2 times.

UPPER BACK - 1 Upper and Mid Extensors

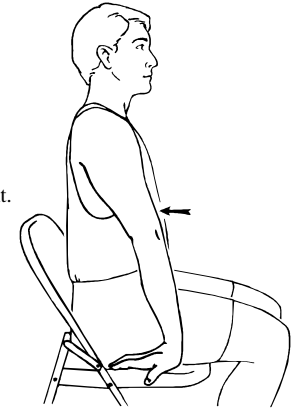


Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 30 seconds.

Repeat 3 times.

ARMS - 3 Wrist / Flexors / Biceps

With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold 30 seconds.



Repeat 3 times.

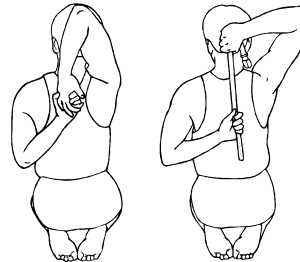
NECK - 7 Side Benders



Gently grasp side of head with one hand, placing the other hand behind back. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Repeat to other side.

Repeat 2 times.

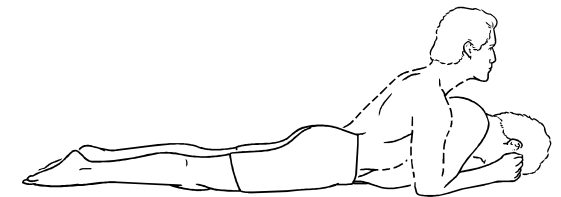
SHOULDERS - 2 Rotator Cuff / Extensors



Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold 30 seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.

Repeat 2 times.

LOWER BACK - 1 On Elbows (Prone)



Rise up on elbows as high as possible, keeping hips on floor. Hold 30 seconds.

Repeat 3 times.