Note: Stretching, when done correctly should not be painful. It is normal to feel a pulling sensation in the muscle, but pain is to be avoided. If you are doing a stretch and you feel pain, discontinue the stretch. If you have had any problems, or surgery, please contact your health care provider before you start a stretching or exercise program.

DO EACH STRETCH SLOWLY!!!

HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise stated.

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Hamstring Stretch
Place one leg forward with hands on forward leg thigh, bring toe up and stick buttocks out. Bend opposite leg. Repeat with other leg.

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Calf Stretch
Support body against wall. Place one foot back with heel on floor

Side to Side Stretch
Stand Straight

Heels
Toes

Stand up and put your hands on your hips. Gently bend backward and allow your hips to move forward. Hold for 5-10 seconds. Relax.

DO EACH STRETCH SLOWLY!!!
HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise noted.

Standing Back Bend

Front Lunging
Stand with feet shoulder width apart and knees slightly bent. Keeping stomach muscles tensed and step forward with one leg. Return. Repeat with other leg.

Hamstring Stretch

Quad Stretch
Bend knee. Hold ankle with hand.

Side Lunging
Stand with feet shoulder width apart and knees slightly bent. Keeping stomach muscles tensed, step sideways with one leg. Return. Repeat with other leg.

Chin Tuck
Look straight ahead. Pull chin and head back.