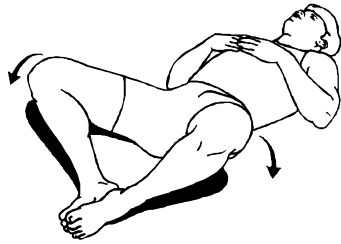


GROIN - 1 Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold 15 seconds. Repeat 3 times. Do 3 sessions per day.

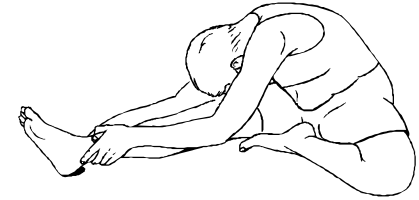
GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt. Hold 15 seconds.

Repeat 3 times. Do 3 sessions per day.

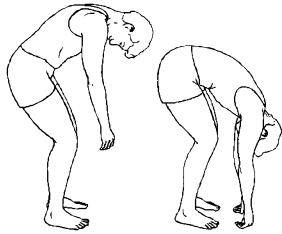


HAMSTRINGS - 3 Head to Knee



With hands on ankle, pull head toward knee and hold 15 seconds. Repeat with other leg. Repeat 3 times. Do 3 sessions per day.

HAMSTRINGS - 5 Forward Bend



With feet shoulder-width apart and pointing straight forward, and with knees bent, lower hands toward floor until stretch is felt. Hold 15 seconds. Bend knees further to return to standing position. Repeat 3 times. Do 3 sessions per day.

HIP OBLIQUE - 6 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 15 seconds. Repeat with left leg over right.

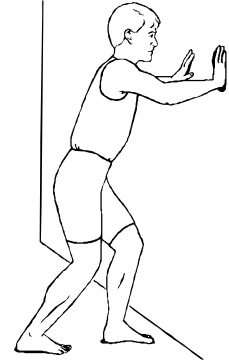
Repeat 3 times. Do 3 sessions per day.



LOWER LEG - 4 Soleus

Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 15 seconds. Repeat with other leg.

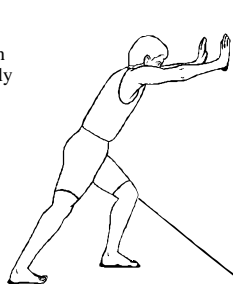
Repeat 3 times. Do 3 sessions per day.



LOWER LEG - 5 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 15 seconds. Repeat with other leg.

Repeat 3 times. Do 3 sessions per day.



LOWER LEG - 6 Gastroc / Plantar Fascia

Put one foot on a wedge (slanted at about 30°) with heel resting on floor. Keep toes straight, and support with hands on wall. With leg straight, press entire body forward. Hold 15 seconds. Repeat with other leg.

Repeat 3 times. Do 3 sessions per day.



LOWER LEG - 3 Ankle - Dorsiflexion / Toe Extensors

With back knee facing forward, toes in line with knee, gently press front of back foot and ankle down toward floor. Hold 15 seconds. Repeat with other leg.

Repeat 3 times. Do 3 sessions per day.

