



Stretching

Standing Quadriceps Stretch:

Stand and touch a wall or stationary object for balance. Grasp top ankle or forefoot behind. Pull ankle or forefoot to rear end. You should feel a stretch in the front part of the leg. Hold stretch for 20 seconds, then repeat with opposite leg.

Standing Single-Leg Hamstring Stretch:

Stand with one foot forward and one foot back. Bend forward with the torso while keeping your spine straight. You should feel a stretch in the back of your leg. Hold stretch for 20 seconds, then repeat with opposite leg.

Standing Calf Stretch:

Stand with one leg far forward and the other leg extended back. Keep both feet positioned forward. Lunge forward by slightly bending the forward leg, while keeping your back heel on the ground. You should feel a stretch in your back calf muscle. Hold stretch for 20 seconds, then repeat with opposite leg.

Seated Butterfly Stretch:

Sit on the ground with the soles of your feet together on the floor and close to your body. Grasp the feet with both hands and position the elbows on the inside of your thighs. With your elbows press the knees toward the floor. You should feel a stretch on the inside of your thigh. Hold the stretch for 20 seconds, then repeat.

