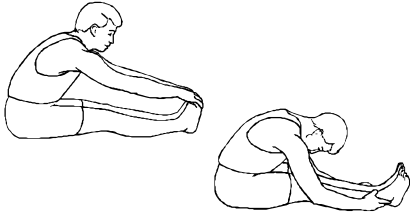


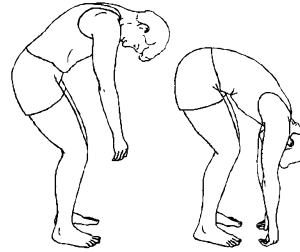
HAMSTRINGS - 4 Pull Back Toes, Double Leg



Picture correction-If your legs are straight and you are trying to stretch your hamstrings, lift your chest up and bring your chest forward. Don't round like this guy unless you are trying to stretch your back. If you are trying to stretch your back--bend your knees.

Repeat ____ times. Do ____ sessions per day.

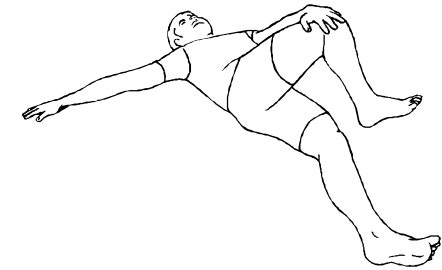
HAMSTRINGS - 5 Forward Bend



Again-pic needs correction---this pic demonstrates a good low back stretch--just drop your head down. If you want a hamstring stretch, your legs need to stay straight.

Repeat ____ times. Do ____ sessions per day.

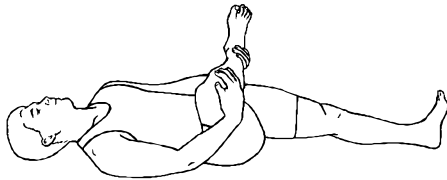
HIP OBLIQUE - 2 External Rotators



Keep your shoulders both on the floor and make sure to bring your knee up so it is perpendicular with your spine.

Repeat ____ times. Do ____ sessions per day.

HIP OBLIQUE - 3 Internal Rotators



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

Repeat ____ times. Do ____ sessions per day.

HIP OBLIQUE - 5 Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. To get a deeper stretch, lift your right arm up to assist with lengthening your side muscles.



Repeat ____ times.
 Do ____ sessions per day.

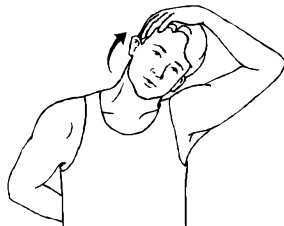
LOWER LEG - 8 Plantar Fascia

Remember to do this with the leg straight and then with the leg bent--you will stretch different muscle groups.



Repeat ____ times.
 Do ____ sessions per day.

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. Remember to spend time with your nose rotated up and down to stretch different parts of the muscle.

Repeat ____ times. Do ____ sessions per day.

NECK - 4 Extensors

Bend head forward. Hold 30 seconds. Return to starting position.



Repeat ____ times.
 Do ____ sessions per day.

1) Shoulder stretch--place the back of your left hand behind your back. Using your right hand, gently pull your elbow forward to stretch the back of your shoulder

2) Plantar fascia stretch--Sitting on your heels, left your butt to take the pressure off your feet, spread your toes as wide as you can, tuck your toes underneath you and gently sit back on them until you feel max stretch.