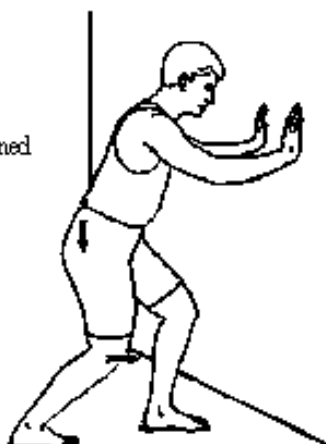


LOWER LEG - 10 Achilles / Soleus

With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

LOWER LEG - 11 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 \_\_\_\_\_ seconds. Repeat with other leg.



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

LOWER LEG - 12 Soleus



With toes even with knee, and heel 1" off floor, gently lean forward and lower heel toward floor until stretch is felt. Do not let heel touch floor. Hold \_\_\_\_\_ seconds. Repeat with other heel.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

LOWER LEG - 12 Soleus



With toes even with knee, and heel 1" off floor, gently lean forward and lower heel toward floor until stretch is felt. Do not let heel touch floor. Hold \_\_\_\_\_ seconds. Repeat with other heel.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

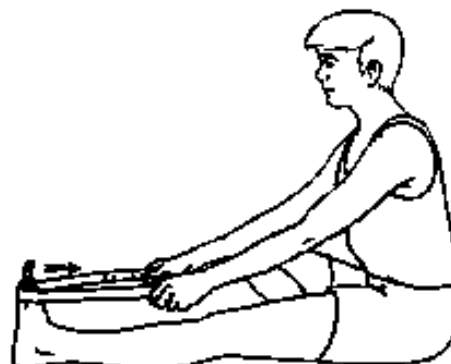
LOWER LEG - 13 Plantar Fascia

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



Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

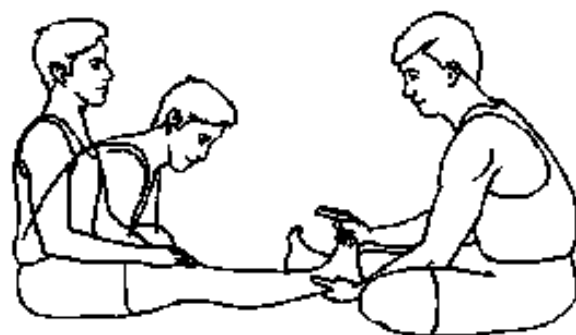
LOWER LEG - 14 Gastroc



With strap or towel around ball of foot, gently pull back until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other foot.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

LOWER LEG - 15 Gastroc / Plantar Fascia



With heel in partner's hand, have partner gently push toes toward trunk until stretch is felt. Hold \_\_\_\_\_ seconds. To increase stretch, gently lean forward. Repeat with other leg. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

LOWER LEG - 16 Toe Flexors



From position shown, gently push feet back until stretch is felt. Hold \_\_\_\_\_ seconds. For greater stretch, sit on legs and gently lean back.

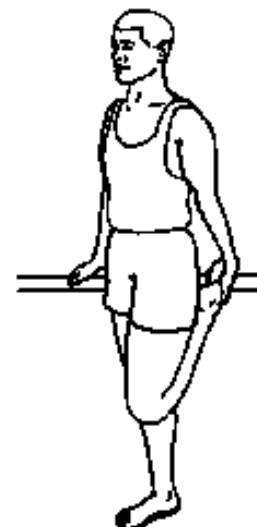
Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

UPPER LEG - 1 Quadriceps



Lying on stomach with thighs together, gently pull ankle toward buttocks until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other ankle. Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

UPPER LEG - 2 Quadriceps



Pull heel toward buttocks until stretch is felt in front of thigh. Hold \_\_\_\_\_ seconds. Repeat with other heel.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

UPPER LEG - 3 Quadriceps



With left hand grasping right leg gently pull heel toward buttocks until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other heel.

Repeat \_\_\_\_\_ times.  
Do \_\_\_\_\_ sessions per day.

UPPER LEG - 4 Quadriceps



Holding left foot with right hand, pull foot toward buttocks until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other hand and foot.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

## UPPER LEG - 5 Quadriceps



Holding one foot with same-side hand, raise leg until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other side.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

## UPPER LEG - 6 Quadriceps



From starting position, raise leg until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.

## UPPER LEG - 7 Quadriceps



With leg up and foot pulled into side, gently lower knee until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

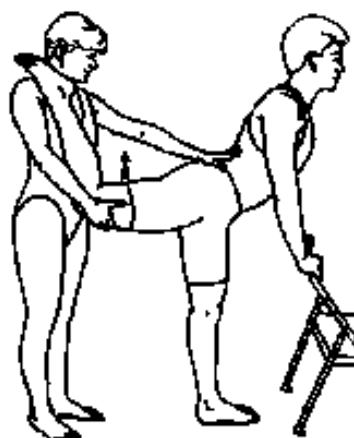
## UPPER LEG - 8 Rectus Femoris



From lying position, have partner gently raise leg until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.

Repeat \_\_\_\_\_ times. Do \_\_\_\_\_ sessions per day.

## UPPER LEG - 9 Quadriceps/Rectus Femoris



With partner's hands on your back and knee, raise leg until stretch is felt. Hold \_\_\_\_\_ seconds. Repeat with other leg.

Repeat \_\_\_\_\_ times.

Do \_\_\_\_\_ sessions per day.