



## HAMSTRING STRETCH WITH TOWEL

While lying down on your back, hook a towel or strap under your foot and draw up your leg until a stretch is felt along the backside of your leg.

Keep your knee in a straightened position during the stretch.  
Video # VVQGB3WMY

Repeat 3 Times  
Complete 3 Sets

Hold 30 Seconds  
Perform 3 Times a Day



## QUADRICEPS STRETCH - SIDELYING

Lie on your side with your target limb on top. Next, grab your target limb below the knee and pull your knee into a more bent position until a stretch is felt along the front of your thigh.

Repeat 3 Times  
Complete 3 Sets

Hold 30 Seconds  
Perform 3 Times a Day



## SEATED CALF STRETCH - GASTROCNEMIUS

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg. Maintain your target knee straight the entire time.  
Video # VVURW8HK8

Repeat 3 Times  
Complete 3 Sets

Hold 30 Seconds  
Perform 3 Times a Day