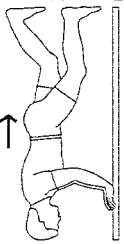
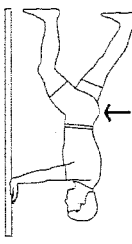
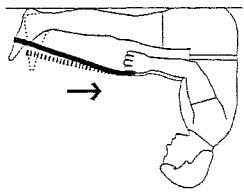
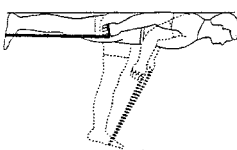
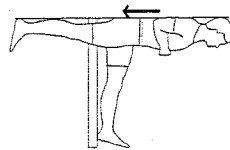
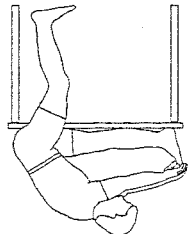
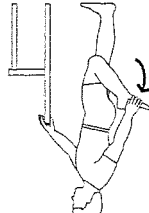
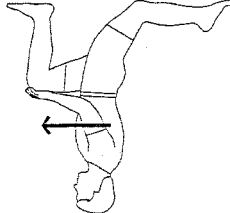
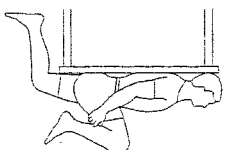
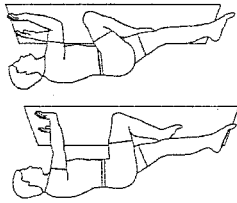

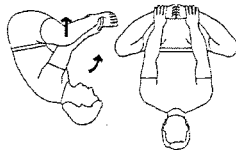




EXCELLENCE
IN ORTHOPEDICS

Exercise Program For:
LE FLEXIBILITY

<p>*Stretch Soleus stand</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>*Stretch Gastroc uni standing</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>Stretch Gastroc sit w/towel</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Use Towel. Hold exercise for 30 Seconds.</p>
<p>*Stretch hamstrings supine w/towel</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Use Foam Roll. Hold exercise for 30 Seconds.</p>	<p>Stretch hamstring supine wall</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>*Stretch hamstring uni long sitting</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>
<p>*Stretch Quads standing</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>Stretch Quads half kneeling</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>Stretch hip flexors supine 2</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>
<p>Stretch Piriformis 4 point kneel</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>*Stretch Piriformis supine w/hip ER</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p>Stretch groin sit</p>  <p>Perform 1 set of 3 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>

Signature: _____

Issued By: OrthoCarolina

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OrthoCarolina
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