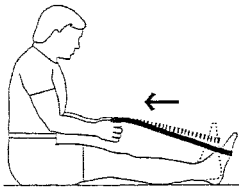
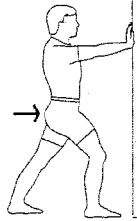


Stretch Gastroc sit w/towel



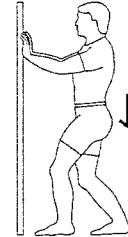
Perform 1 set of 3 Repetitions, twice a day.
Use Towel.
Hold exercise for 30 Seconds.

***Stretch Gastroc uni standing**



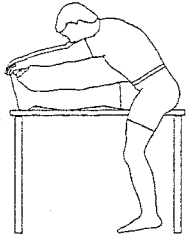
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

***Stretch Soleus stand**



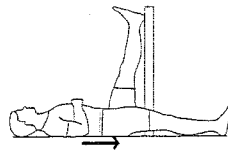
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

***Stretch hamstring uni long sitting**



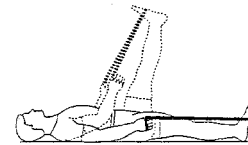
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

Stretch hamstring supine wall



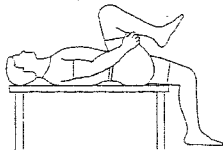
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

***Stretch hamstrings supine w/towel**



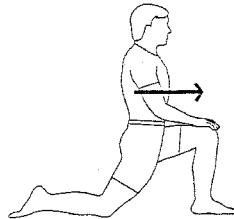
Perform 1 set of 3 Repetitions, twice a day.
Use Foam Roll.
Hold exercise for 30 Seconds.

Stretch hip flexors supine 2



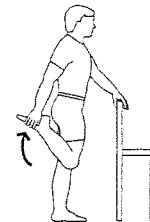
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

Stretch Quads half kneeling



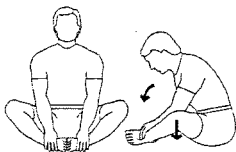
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

***Stretch Quads standing**



Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

Stretch groin sit



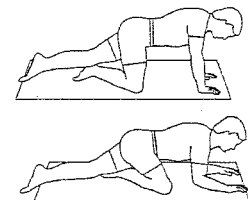
Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

***Stretch Piriformis supine w/hip ER**



Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

Stretch Piriformis 4 point kneel



Perform 1 set of 3 Repetitions, twice a day.
Hold exercise for 30 Seconds.

Issued By: OrthoCarolina

Signature: _____

These exercises are to be used only under the direction of a licensed, qualified professional.

OrthoCarolina

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