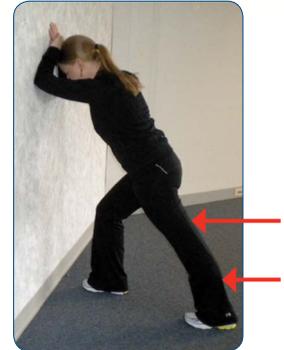


## Sample Stretches

### **Calf and hamstring stretch:**

Stand near a wall or other structure and lean on it with your head on your hands as shown. Bend one leg and place your foot on the ground in front of you, with the other leg straight behind. Slowly move your hips forward, keeping your lower back flat. Keep the heel of the straight leg on the ground, with toes pointing straight ahead or slightly in. Hold the stretch for 15–60 seconds. Do not bounce. Repeat at least 4 times. Now, stretch the other leg.



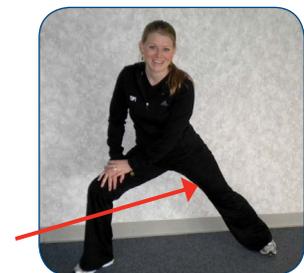
### **Ankle and Achilles tendon stretch:**

Place your left foot against a wall, with your ankle flexed and toes up as shown. Move your body forward until you feel a mild stretch in the Achilles tendon area (see arrow on picture). Hold for 15–60 seconds. Repeat at least 4 times. This also stretches the bottom of your foot and toes. Now, stretch the other foot.



### **Thigh stretch:**

Start with your feet a little more than shoulder-width apart. Bend your right knee slightly and move your left hip downward toward the right knee. This stretches your left inner thigh. Hold for 15–60 seconds. Repeat at least 4 times. Now, stretch the other thigh.



### **Alternate thigh muscles stretch:**

Standing close to a wall or a chair, place your right hand on the wall or chair. With the left hand, reach back and slowly pull your left foot up to touch your buttocks. Hold for 15–60 seconds. Relax back to your starting position. Repeat at least 4 times. Now, stretch the other leg.



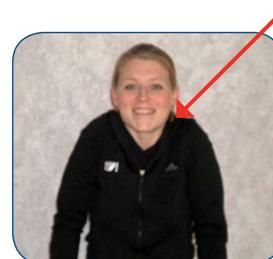
### **Lower back, hips, groin, and hamstring stretch:**

Start in a standing position with feet about shoulder-width apart and pointed straight ahead. Slowly bend forward from the hips. Keep your knees slightly bent. Let your neck and arms relax. Go to the point where you feel a slight stretch in the back of your legs. Hold this stretch for 15–60 seconds. Slowly come back to a standing position with knees bent. Keep your knees bent throughout the exercise. Repeat at least 4 times.



### **Shoulder and neck stretch:**

Gently tilt your head to one side, as if you are trying to put your ear on your shoulder. Hold for 15–60 seconds, and then tilt your head to the other side. Then, relax your shoulders downwards. Repeat at least 4 times.



### **Arm and side stretch:**

From a standing position, bend your knees slightly. Gently pull your elbow behind your head as you bend from your hips to the side. Hold a mild stretch for 15–60 seconds. Repeat at least 4 times. Now, stretch the other side.

