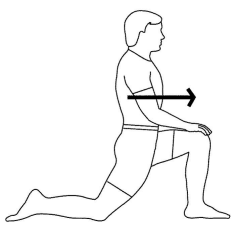


Stretch Quads half kneeling



- Half kneel as shown.
- Lean forward slowly keeping hips and back straight.
- Repeat with other leg.

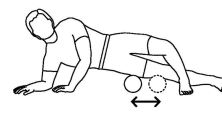
Special Instructions:

Progress by placing a small box under foot of trailing leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch IT Band w/roll



- Lie on left side with top of thigh over foam roll.
- Push up onto left elbow and roll thigh down foam roll.
- Repeat on right side.

Special Instructions:

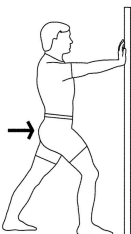
Roll should move from hip to knee. Use other arm and leg for support as shown.

Perform 1 set of 4 Repetitions, twice a day.

Use Foam Roll.

Hold exercise for 20 Seconds.

Stretch Gastroc uni standing

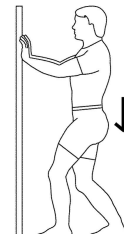


- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Soleus stand

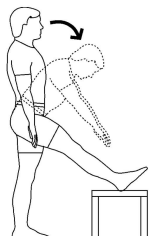


- Stand, one leg in front of the other.
- Face wall, hands on wall for support.
- Slowly bend knees, keeping heels on floor, as shown, until stretch is felt.
- Repeat with other leg in front.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch hamstring uni stand



- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

Special Instructions:

Keep the knee straight.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Piriformis longsit

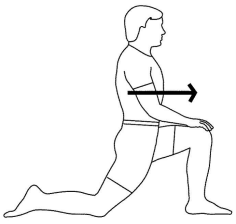


- Sit with one knee bent, ankle to inside of extended leg, as shown.
- Grasp knee and pull thigh across toward opposite shoulder.
- Relax and repeat with other leg.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

1. Stretch Quads half kneeling



Perform 1 set of 4 Repetitions, twice a day.

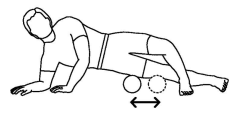
Hold exercise for 20 Seconds.

21/6	22/6	23/6	24/6

25/6	26/6	27/6	28/6	29/6	30/6	1/7

2/7	3/7	4/7

2. Stretch IT Band w/roll



Perform 1 set of 4 Repetitions, twice a day.

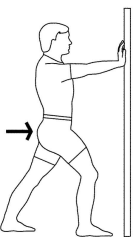
Use Foam Roll.
Hold exercise for 20 Seconds.

21/6	22/6	23/6	24/6

25/6	26/6	27/6	28/6	29/6	30/6	1/7

2/7	3/7	4/7

3. Stretch Gastroc uni standing



Perform 1 set of 4 Repetitions, twice a day.

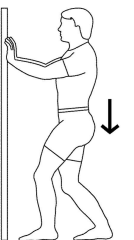
Hold exercise for 20 Seconds.

21/6	22/6	23/6	24/6

25/6	26/6	27/6	28/6	29/6	30/6	1/7

2/7	3/7	4/7

4. Stretch Soleus stand



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

21/6	22/6	23/6	24/6

25/6	26/6	27/6	28/6	29/6	30/6	1/7

2/7	3/7	4/7

5. Stretch hamstring uni stand



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

21/6	22/6	23/6	24/6

25/6	26/6	27/6	28/6	29/6	30/6	1/7

2/7	3/7	4/7

6. Stretch Piriformis longsit



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

21/6	22/6	23/6	24/6

25/6	26/6	27/6	28/6	29/6	30/6	1/7

2/7	3/7	4/7

Issued By: Lena Juross

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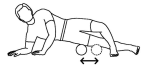
Stretch Quads half kneeling



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

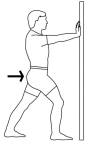
Stretch IT Band w/roll



Perform 1 set of 4 Repetitions, twice a day.

Use Foam Roll.
Hold exercise for 20 Seconds.

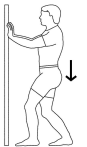
Stretch Gastroc uni standing



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Soleus stand



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch hamstring uni stand



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Piriformis longsit



Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Issued By: Lena Juross

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