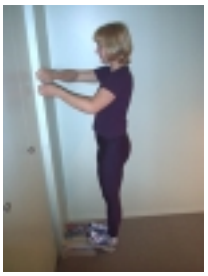
3) STRETCHING PROGRAM A

#1A CALF STRETCH

Hold 1 minute

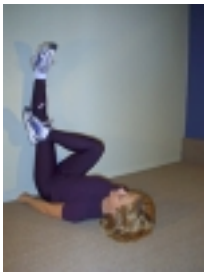


Start Position: Stand with the balls of both feet resting on a raised surface and the heels weight-bearing on the floor. You may use a phone book or stacks of wood to achieve a 3-5 cm elevation beneath the balls of your feet. Hold onto a structure in front of you; a door jam works well. Maintain a standing tall position (do not bend forward at the waist).

Action: Slowly pull your body forward with your arms until you feel a gentle stretch in the calf region (there should be no sensation of pulling behind the knee). Hold this position for 1 minute.

#2A BUTT STRETCH

Hold 1 minute for each leg



Step #1

Start Position: Lying flat on your back with your legs against a wall cross your right leg as illustrated. Both buttocks should be evenly against the wall.

Action: Keeping the left foot flat on the wall bend the left knee until you feel a stretch in the right buttocks and hip region. To further increase the stretch apply gentle pressure to the right knee. Hold this position for 1 minute, then switch sides.

Step #2

Easier: Place buttocks away from the wall. Allow the right knee to be closer to your chest.

#3A HAMSTRINGS

Hold 1 minute for each leg

Start Position: To isolate the right hamstring muscles begin in a proper sitting position, with the right leg either straight or slightly bent at the knee. Place the hands on the floor behind the pelvis, sit with your back straight. Bend the left leg just enough to allow the left leg to lie sideways as shown.

Action: Move the arms and upper body forward, maintaining a straight back. Tension should be felt in the back of the right upper leg, **not** behind the knee (if tension is felt behind your knee try pointing your toes down, or bending the right knee more). Hold this position for 1 minute, then switch legs.

#4A QUADS

Hold 1 minute for each leg

Start Position: Lying on your side as illustrated flex the right knee and hold the right leg (do not hold the foot). The body should be in a straight line.

Action: Find tension in the quadriceps by gently pulling the right leg back with your hand. Do **not** arch your low back or neck! Hold for 1 minute, then switch legs.

#5A PSOAS

Hold 1 minute

Start Position: Move your left leg forward until the knee of the left leg is directly over the ankle. Your right knee should be resting on the floor.

Action: Slowly sink your hips downward to create an easy stretch. Do not let the left knee go in front of your left toes. Hold for 1 minute, then switch sides.

#6A GROIN

Hold 1 minute for each leg

Start Position: In the seated position rest your back against the wall and place the heels together starting well away from the body. Allow the legs to fall to the side as illustrated.

Action: Bring the feet toward the pelvis a little at a time until a comfortable tension is felt. Place hands on knees to increase the stretch. Back should be kept straight at all times.

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*Do not perform the exercises and stretches if they cause discomfort or pain. These exercises and stretches are not intended to replace the advice of your medical doctor, chiropractor, physical therapist, massage therapist, personal trainer, or other healthcare provider. Consult your healthcare provider if you have an injury, are pregnant, are taking medication, have, or have had high blood pressure or a heart condition.