LOWER LEG - Calf

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 20_ seconds. Repeat with other leg.

Repeat 2 times.

UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 20_ seconds. Repeat with other heel.

Repeat 2 times.
Do _____ sessions per day.

LOWER LEG - 7 Soleus

Keep back leg slightly bent, with heel on floor. Lean into wall until a stretch is felt in calf. Hold 20_ seconds. Repeat with other leg.

Repeat 2 times.
Do _____ sessions per day.

HIP / KNEE - Stretching: Hamstring (Standing)

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold 20_ seconds.

Repeat 2 times per set.

Piriformis

Place one foot on top of the other leg. Bend at the waist and use both hands to gently press down. Repeat stretch on the other leg. Hold for 10-20 seconds.

SHOULDERS - 6 Extensors

With hands on wall or rail and feet shoulder-width apart, move chest toward floor. Hold 20_ seconds.

Repeat 2 times.
Do _____ sessions per day.
SHOULDERS - 3 Posterior Deltoids / Rhomboids

Pull arm across chest until stretch is felt. Turn head away from pull. Hold _20_ seconds. Repeat with other arm.

Repeat _2_ times.
Do ____ sessions per day.

BACK - Double Arm - Standing

Hands clasped, reach over head to right side until stretch is felt. Hold _20_ seconds. Relax.

Repeat 2 times per set.
Do 2 sets per session.

NECK - 10 Side Benders

While tilting head to the left, pull right arm down with left hand until stretch is felt. Hold _20_ seconds. Repeat to other side.

Repeat _2_ times.
Do ____ sessions per day.

ARMS - Biceps

With arms straight and fingers interlaced, raise arms until stretch is felt. Hold _20_ seconds.

Repeat _2_ times.
Do ____ sessions per day.