

Seated Figure 4 Piriformis Stretch

SETS: 3	HOLD: 30	DAILY: 3
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Setup

Begin sitting upright in a chair with both feet on the ground. Bring the ankle of one leg up onto the knee of your opposite leg.

Movement

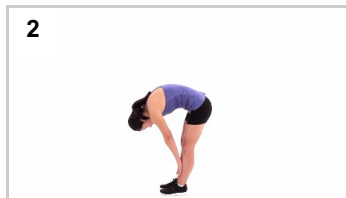
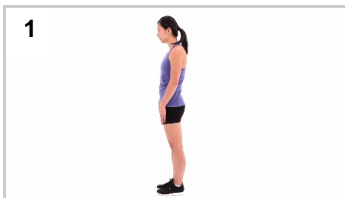
Apply a gentle pressure with one hand on the top of your bent knee, and lean forward until you feel a stretch in your buttocks. Relax, then repeat.

Tip

Make sure to keep your shoulders relaxed and back straight during the exercise.

Standing Forward Trunk Flexion

SETS: 3	HOLD: 30	DAILY: 3
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Setup

Begin in a standing upright position.

Movement

Slowly reach your hands toward your feet, hinging at your hips until you feel a stretch in the back of your legs. Hold this position.

Tip

Make sure to keep your knees straight without locking them during the stretch.

Seated Plantar Fascia Stretch

SETS: 3	HOLD: 30	DAILY: 3
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Setup

Begin sitting in a chair with one leg crossed over your other knee. Use one hand to hold your ankle, and the other to hold your toes.

Movement

Gently pull your toes backward until you feel a stretch in the bottom of your foot and hold.

Tip

Make sure to keep the stretch slow and controlled.

Long Sitting Calf Stretch with Strap

SETS: 3	HOLD: 30	DAILY: 3
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Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

Make sure to keep your knee straight during the stretch.

Plantar Fascia Stretch on Step

SETS: 3	HOLD: 30	DAILY: 3
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Setup

Begin standing with both feet on a step, with one heel resting off the edge with just your toes on the step.

Movement

Push your heel down until you feel a stretch in the arch of your foot.

Tip

Make sure to perform the movement in a slow and controlled manner.

Standing Soleus Stretch against Wall

SETS: 3	HOLD: 30	DAILY: 3
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Setup

Begin in a standing upright position, with the wall in front of you.

Movement

Place the front of one foot against the wall with your heel on the ground and your knee bent. Lean forward until you feel a stretch in your lower leg and hold.

Tip

Make sure to keep your knee bent and maintain an upright posture during the exercise.

Exercise List

Seated Figure 4 Piriformis Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 3														
DAILY: 3														

Standing Forward Trunk Flexion



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 3														
DAILY: 3														

Seated Plantar Fascia Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 3														
DAILY: 3														

Long Sitting Calf Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 3														
DAILY: 3														

Plantar Fascia Stretch on Step



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 3														
DAILY: 3														

Standing Soleus Stretch against Wall



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
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