

Long Sitting Hamstring Stretch





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5

Seated Hamstring Stretch





REPS: 10-15	SETS: 2-3
DAILY: 1	WEEKLY: 5

Long Sitting Hip Adductor Stretch





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5

Supine Piriformis Stretch with Towel





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5

Supine Hamstring Stretch





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5



Disclaimer: This program provides exercises related to preventative maintenance OR to your condition that you can perform at home. As there is a risk of injury with any activity, use caution when performing exercises. If you experience any pain or discomfort, discontinue the exercises and contact your healthcare provider.

Standing Quad Stretch with Towel and Arm Support





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5

Standing Gastroc Stretch





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5

Standing Soleus Stretch





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5

Standing Gastroc Stretch on Step with Counter Support





REPS: 3-5	HOLD: 10-15
DAILY: 1	WEEKLY: 5