

Hold each stretch for 60 seconds. Perform 1-2 repetitions per day preferably after exercise or when your muscles are warm. Do not continue if you experience pain. If you have an injury, please consult your healthcare provider.

LEG AND CALF STRETCHES

Easy Hamstring Stretch

Lie on back. Put hands behind knee. Straighten leg to stretch hamstrings.

_____ secs. _____ reps. _____ sets _____ x's per _____



Doorway Hamstring Stretch

Lie in doorway and press lifted leg into wall.

More difficult: Move deeper into doorway.

Variation: Bend ankle towards chin.

_____ secs. _____ reps. _____ sets _____ x's per _____

Belt Hamstring Stretch

Place belt around ball of foot. Straighten lifted leg and pull toward chest.

Variation: Press opposite heel down.

_____ secs. _____ reps. _____ sets _____ x's per _____



Standing Hamstring Stretch

Place your heel on an elevated surface (i.e. chair, stool, step, etc.).

Keeping your back in neutral, bend opposite leg.

_____ secs. _____ reps. _____ sets _____ x's per _____

Calf Stretch - Gastrocnemius

Keeping back straight with heel on floor, lean into wall until a stretch is felt in calf.

_____ secs. _____ reps. _____ sets _____ x's per _____



Calf Stretch - Soleus

Standing with both knees bent and involved foot back, gently lean into wall until stretch is felt in lower calf.

_____ secs. _____ reps. _____ sets _____ x's per _____