Seated Hamstring Stretch

	SETS: 4	HOLD: 30
		SECONDS
	DAILY: 1	WEEKLY: 7

Gastroc Stretch on Wall

9			
	S -4	SETS: 4	HOLD: 15-30 SEC
		DAILY: 1	WEEKLY: 7
		1	

Standing Quadriceps Stretch





SETS: 4	HOLD: 15-30 SECONDS	
DAILY: 1	WEEKLY: 7	

Toe Extension Self-Mobilization



Side Lunge Adductor Stretch

	REPS: 10	HOLD: 5-10 SECONDS
	DAILY: 1	WEEKLY: 7



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.