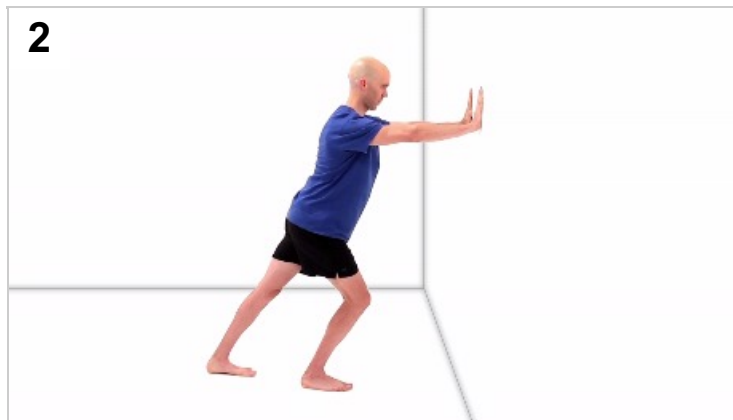
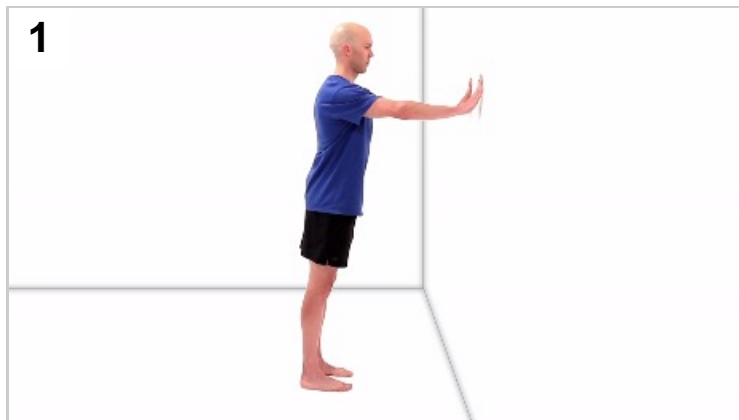


## Gastroc Stretch on Wall

**REPS: 2**

**HOLD: 30  
SECONDS**

**DAILY: 1**



### Setup

Begin in a standing upright position in front of a wall.

### Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

### Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

# Standing Hamstring Stretch on Chair

REPS: 2

HOLD: 30  
SECONDS

DAILY: 1



## Setup

Begin in a standing upright position with a chair or step in front of your body.

## Movement

Lift one leg to rest your heel on the chair with both legs straight. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

## Tip

Make sure to keep your back straight during the stretch.

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# Supine Piriformis Stretch with Foot on Ground

**REPS: 2**

**HOLD: 30  
SECONDS**

**DAILY: 1**



## Setup

Begin by lying on your back with both knees bent and feet resting flat on the ground. Cross one leg over the other so your foot is resting on your knee.

## Movement

Grab your leg just below the knee and slowly draw it towards your opposite shoulder until you feel a stretch in your buttocks.

## Tip

Do not allow your back to twist or bend excessively during the stretch.

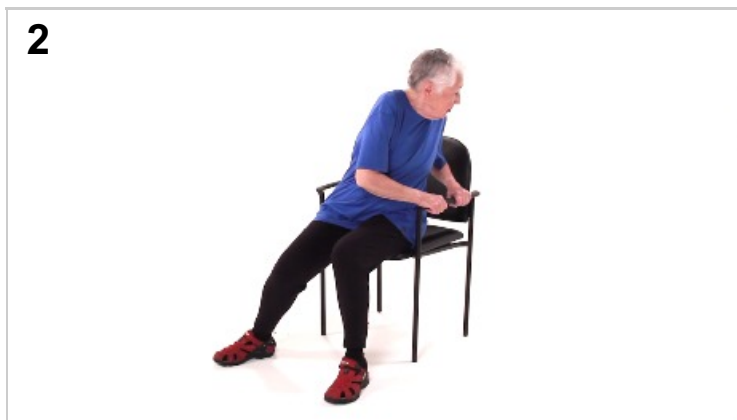
# Seated Trunk Rotation Stretch

REPS: 10

SETS: 2

HOLD: 1  
SECOND

DAILY: 1



## Setup

Begin sitting upright in a chair with arms.

## Movement

Rotate your trunk to one side, and grasp the arms of the chair to turn yourself further. Hold, then repeat to your other side.

## Tip

Make sure to only move in a pain-free range of motion. Breathe deeply in your belly as you stretch.