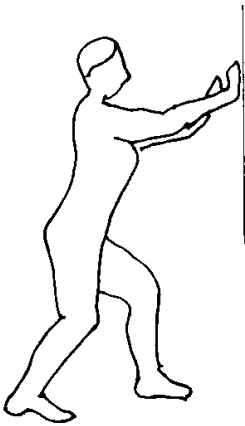
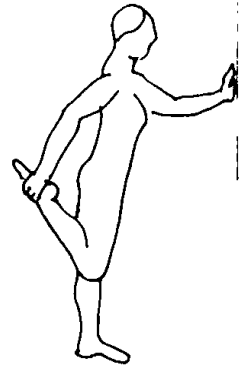


Quadriceps

Position: Standing on your left leg, and holding above your right ankle with your right hand.

Instruction: 1) Keeping your back straight, gently pull your right heel towards your right bottom, while making sure your knees stay together. 2) Very gently try to tuck your right bottom in. You should feel a stretch in the front of your right thigh.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.

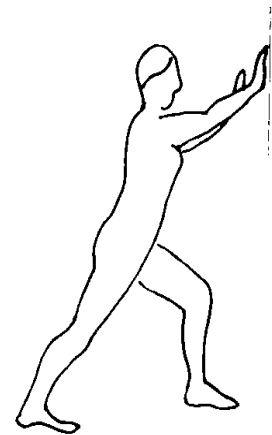


Soleus

Position: Standing near a wall or fence.

Instruction: 1) Lunge forward with your left leg. 2) Slowly bend your right knee and push your right foot into the ground while keeping your right heel in contact with the ground. You should feel a stretch in the back of your right calf.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.



Gastrocnemius

Position: Standing near a wall or fence.

Instruction: 1) Lunge forward with your left leg. 2) Keeping your right knee straight, push your right heel into the ground while keeping it in contact with the ground. You should feel a stretch in the back of your right calf.

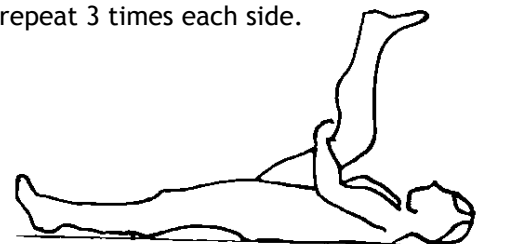
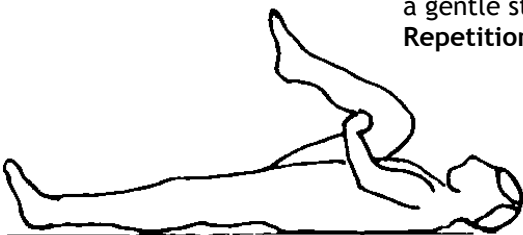
Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.

Hamstrings

Position: Lying on the ground holding behind your right thigh to pull your right knee towards your chest.

Instruction: 1) Pull your right leg as close to your abdomen as comfortable. 2) While keeping your right leg still, slowly straighten your right knee until you feel a gentle stretch down the back of your right thigh.

Repetitions: Hold each stretch for 20 seconds and repeat 3 times each side.



NOTE: Stretching should **NEVER** be painful, if you experience pain stop immediately and speak to a Myotherapist before resuming.