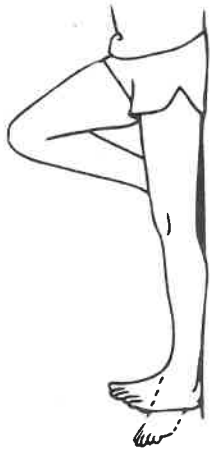


ANKLE / FOOT - 18

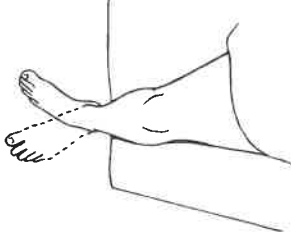
Range of Motion: Plantar/Dorsiflexion
You can move both feet at the same time



With leg relaxed, gently bend and straighten ankle. Move through full range of motion. Avoid pain.
Repeat 10 times per set. Do 1 sets per session.
Do 1 sessions per day.

ANKLE / FOOT - 19

Range of Motion: Inversion/Eversion

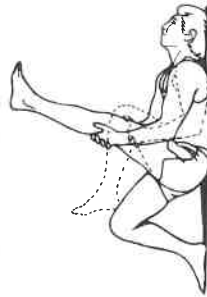


With leg relaxed, gently turn ankle and foot in and out. You can move both feet at the same time. Move through full range of motion. Avoid pain.

Repeat 10 times per set.
Do 1 sets per session.
Do 1 sessions per day.

BACK - 34

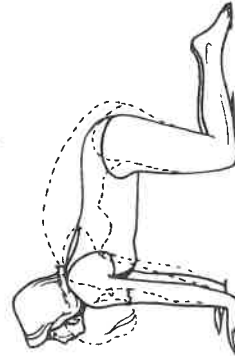
Active Hamstring Stretch



Support back of thigh behind knee. Starting with knee bent, attempt to straighten knee until a comfortable stretch is felt in back of thigh. Hold 10 seconds.
Repeat 2 times with each leg.
Do 1 sessions per day.

BACK - 14

Angry Cat Stretch



Tuck chin and tighten stomach, arching back. Hold 4 seconds.
Repeat 10 times. Do 1 sessions per day.

BACK - 19

Double Knee-to-Chest Stretch



With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 10 seconds.
Repeat 2 times. Do 1 sessions per day.

TRUNK STABILITY - 9

Bridging



Slowly raise buttocks from floor, keeping stomach tight. Hold 10 seconds.
Repeat 6 times. Do 1 sessions per day.

BACK - 20

Mid-Back Stretch



Push chest toward floor, reaching forward as far as possible. Hold 10 seconds.
Repeat 2 times. Do 1 sessions per day.