

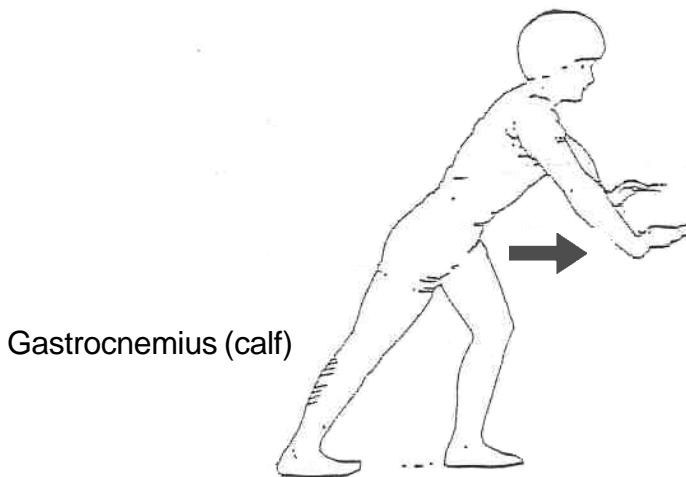


Stretching Exercises

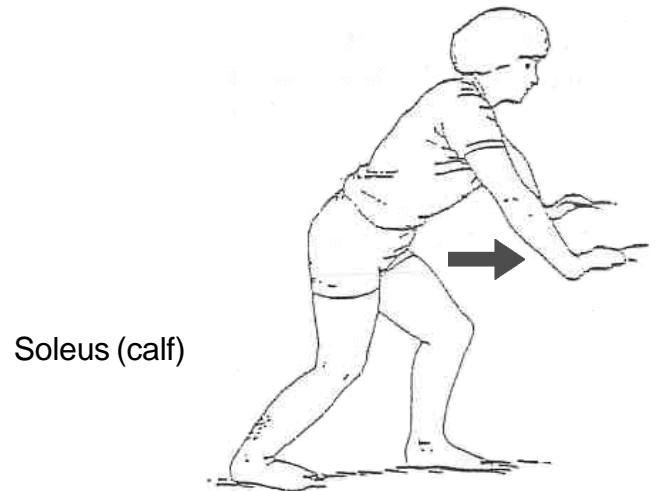
Hold stretch for 1 minute
Repeat each stretch three times

Recommendations

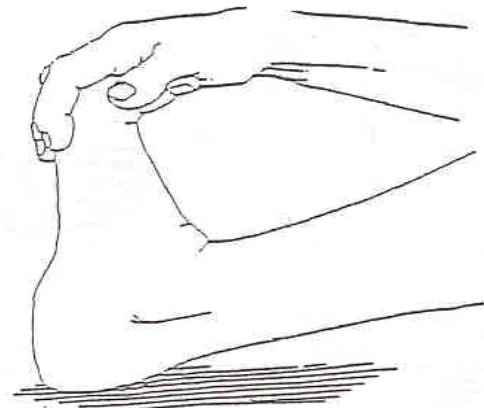
Icing for 20 minutes twice daily
Stretching exercises (as demonstrated below) twice daily



Gastrocnemius (calf)



Soleus (calf)



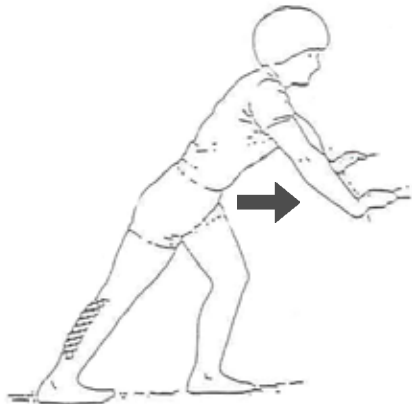


Stretching Exercises

Each exercise should be held for 20 seconds followed by a 5 second relaxation period.

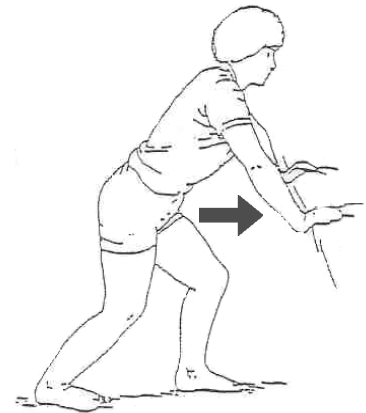
Each exercise should be done ten (10) times.

Do this routine twice (2) a day or as specified.



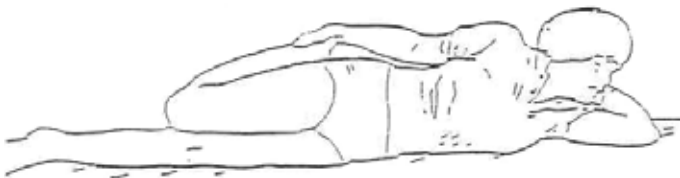
Gastrocnemius (calf)

1. Lean against a wall with your back leg straight and your front leg slightly bent. Keep your back heel on the floor and lean progressively closer to the wall until you can feel the stretch in your calf. Repeat with other leg.



Soleus (calf)

2. Repeat #1 but keep back leg slightly bent.



Quadriceps (front of thigh)

3. Lying on your side, reach back and grab your upper foot and pull it up toward your buttocks. Repeat with other leg while on your other side. Keep your knees together.



Hamstrings (back of thigh)

4. Sitting, bring the sole of your bent leg to the inner thigh of your straight leg. Lean forward and grasp the ankle of your straight leg with both hands. Keeping the leg straight, pull your upper body down towards your feet.