

Right Hamstring Stretch

Place your heel on a stool about 18-24 inches high. Keep your hips, knee and foot straight ahead. Keep a slight curve in your low back and lean forward with a straight back. Do not round the shoulders forward. Hold for 20 seconds repeat 3 times each side. Then rotate only the foot out and not the hip and repeat. Then rotate the foot in and repeat.



Calf Stretch

Stand straight towards a wall. Extend your toes and foot backwards and place your heel as close to the wall as you can and let your toes contact the wall. Keep the leg straight and lean forwards. Hold 20 seconds repeat 3 times each side. Repeat with the knee slightly bent.

