



Stretches for Walking

Calf stretch (back of the lower leg)



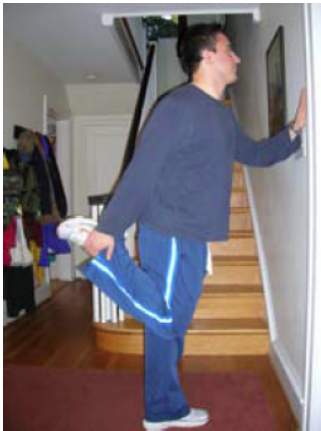
Instructions:

- Place hands against wall.
- Extend one leg behind you in a lunging position.
- Press heel down and press hips forward. Point the toe on the back foot directly toward the wall.
- Switch sides.

Remember: keep the heel down; *breathe!*

Quadriceps stretch (front of thigh)

Version 1 – if you can't do this, try version 2



Version 1 instructions:

- Place hand on wall for balance.
- Bend the knee, bringing the foot heel-up toward your buttocks.
- Grasp the foot on the laces side.
- Bring knees together and stand up straight.
- Switch sides.

Remember: keep the knees together; don't lean forward; stand up straight and tall; *breathe!*

Quadriceps stretch (front of thigh)

Version 2



Version 2 instructions:

- Place a chair behind you
- Place one toe directly against the wall, hold on to the wall with both hands.
- Lift your other foot and place the TOP of the foot on the chair behind you.
- Bend both knees.
- If you do not feel a stretch, move the chair farther behind you and really reach the toes back to the chair before bending the knees.
- Switch sides.

Remember: don't lean forward; chest high, look forward and *breathe!*



Hamstring stretch (back of thigh)

Version 1 – if you cannot do this one, try version 2



Version 1 instructions:

- On floor, extend both legs, toes up to ceiling.
- Bend the knee of one leg so that foot is against opposite knee, like the shape of a '4'.
- Keeping toe pointed toward ceiling, lean over extended leg, reaching for the toe.
- Switch sides.

Remember: keep the toe pointing toward the ceiling; if you feel a stretch in the lower leg, point the toe a little; if you feel the stretch behind the knee, lift the knee off the ground slightly; *breathe!*

Hamstring stretch (back of thigh)

Version 2



Version 2 instructions:

- Sit on the front edge of a chair
- Straighten one knee and point the toes of that foot to the ceiling.
- Keep the other knee bent.
- Place your hands on the top of your upper thighs
- Lean forward from the hips, keep your chest high, until you feel a stretch on the back of the extended leg.
- Switch sides.

Remember: keep the toe pointing toward the ceiling; if you feel a stretch in the lower leg, point the toe a little; if you feel the stretch behind the knee, bend the knee slightly; *breathe.*