

1



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 1 Time(s) an Hour

4



SEATED CALF STRETCH - GASTROC

While sitting, use a towel or other strap looped around your foot. Gently pull your ankle back until a stretch is felt along the back of your lower leg.

Repeat 3 Times
 Hold 10 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

2



STANDING HEEL RAISES

While standing, raise up on your toes as you lift your heels off the ground.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 1 Time(s) an Hour

5



SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



LUNGE

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 10 Times
 Hold 1 Second
 Complete 1 Set
 Perform 1 Time(s) an Hour

6



SCAPULAR RETRACTIONS

Draw your shoulder blades back and down.

Repeat 20 Times
 Hold 1 Second
 Complete 1 Set
 Perform 1 Time(s) an Hour