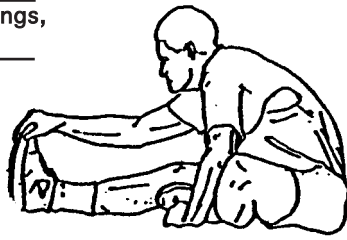


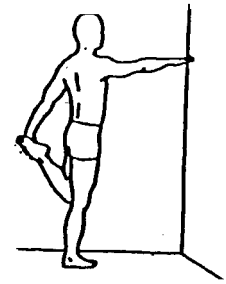
## Semistraddle

Muscles Affected: gastrocnemius, hamstrings, and spinal erectors

1. Sit with the upper body nearly vertical and legs straight.
2. Place sole of left foot on left side of right knee. The lateral side of left leg should be resting on the floor.
3. Lean forward from the waist and grasp toes with right hand and slightly pull toes toward the upper body as the chest is also pulled toward right leg. Hold for 10 seconds
4. Release toes and relax foot.
5. Grasp ankle and continue to pull chest toward right leg. Hold for 10 seconds.
6. Point toes away from body and continue to pull chest toward right leg. Hold for 10 second.
7. Repeat with the left leg.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves.



## (One Leg)

1. Stand upright with one hand against a surface for balance and support.
2. Flex one leg and raise the foot to your buttocks.
3. Slightly flex the supporting leg.
4. Exhale, reach down, grasp your raised foot with one hand, and pull your heel toward you buttocks without over-compressing the knee.
5. Hold the stretch and relax.

## Supine Knee Flex

Muscles Affected: hip extensors (gluteus maximus and hamstrings)

1. Lie on back with legs straight.
2. Flex right leg and lift knee toward chest.
3. Place both hands below knee and continue to pull knee toward chest.
4. Hold for 10 to 15 seconds.
5. Repeat with the left leg.



Stretching the gluteals and hamstrings



1. Lie flat on your back with our body extended.
2. Flex your knees, and slide your feet toward your buttocks.
3. Grasp behind your thighs to prevent hyperextension of the knees.
4. Exhale, pull your knees toward your chest and shoulders, and elevate your hips off the floor.
5. Hold the stretch and relax.
6. Exhale, and extend your legs slowly, one at a time, to prevent possible pain or spasm.

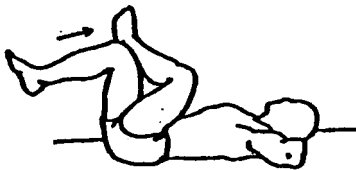
## Sitting Toe Touch

Muscles Affected: hamstrings, spinal erector and gastrocnemius

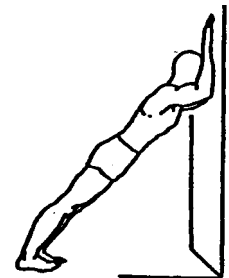
1. Sit with the upper body nearly vertical and legs straight.
2. Lean forward from waist and grasp toes with each hand, slightly pull toes towards the upper body, and pull chest toward leg. (If you are very stiff, try to grasp the ankles.) Hold for 10 seconds.
3. Release toes and relax foot.
4. Grasp ankles and continue to pull chest toward legs. Hold for 10 seconds.
5. Still grasping the ankles, point toes way from body and continue to pull chest toward legs. Hold for 10 seconds.



Stretching the hamstrings with emphasis on insertion of the hamstrings and calves.



1. Lie flat on your back with your left leg crossed over your right knee.
2. Inhale, grasp behind your right knee, and pull your right knee toward your chest, while keeping your head, shoulders, and back flat on the floor.
3. Hold the stretch and relax.



1. Stand upright 4 or 5 steps from a wall.
2. Lean against the wall without losing the straight line of the head, neck, spine, pelvis, legs, and ankles.
3. Keep both heels down, flat, together, and parallel to the hips.
4. Exhale, bend your arms, move your chest toward the wall, and shift your weight forward.
5. Hold the stretch and relax.