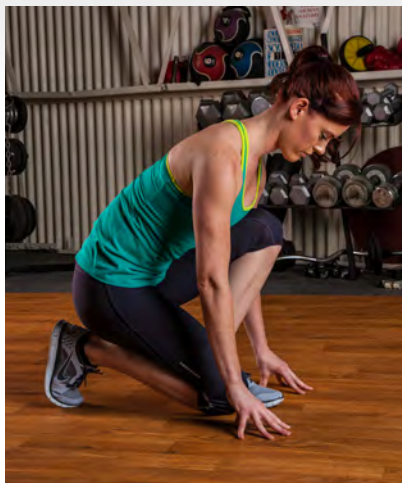


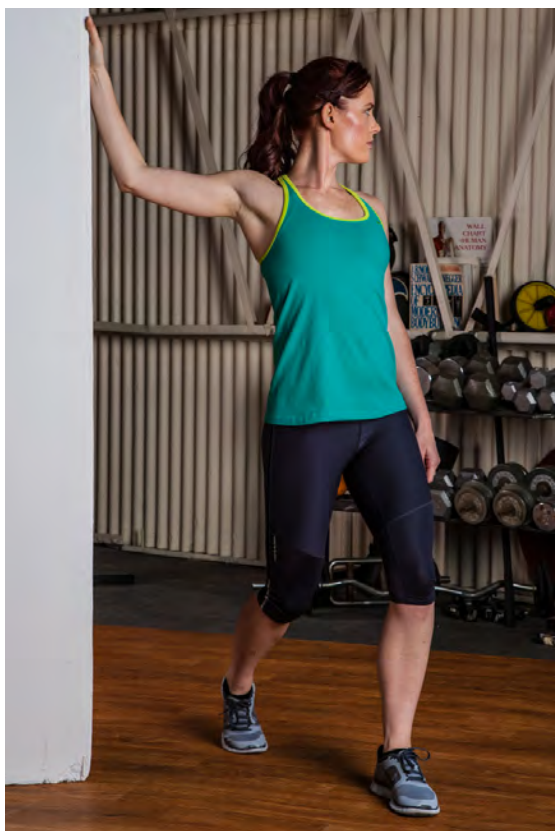
TISSUE LENGTH/FLEXIBILITY EXERCISES



SPRINTER HAMSTRINGS STRETCH: From a kneeling position with the left leg up, put the right knee alongside the instep of the left foot. Place the hands on the ground and stand up as high as possible into a sprint stance, while keeping both feet flat on the ground.



HALF-KNEELING HIP FLEXOR STRETCH: Kneel with the right knee and the left foot on the floor. Lean forward while rotating to the left and reaching up with the right hand.



CHEST STRETCH: Stand facing a doorframe; angle the right arm up to 45 degrees and place on the doorframe. Step forward with the left leg and lean into the stretch.



SHOULDER CAPSULE STRETCH: Lie on one side with the upper arm angled 45 degrees to the body. Gently push down on the hand of the angled arm as low as possible.



3-D HAMSTRINGS STRETCH: Elevate one foot with the toes pointed up on a bench or chair at roughly waist height. (Note: For clients with limited mobility, a lower height is fine.) Lean forward and bring the bellybutton toward the knee to stretch the hamstrings. Return to standing and repeat the stretch, but this time lean toward the lateral aspect of the hamstring. Return to standing and repeat the stretch, but this time push the hips back and stretch the medial aspect and groin of the elevated leg.

CALF STATIC STRETCH:

Stand in a split stance with back foot flat on the floor and pointing straight forward. Slowly transfer weight onto the front leg until you feel the stretch in the calf of the back leg.

