

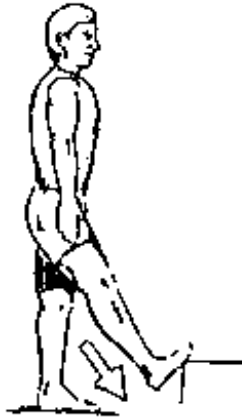
# HIP AND LEG STRETCHES

## 6. HAMSTRING, GASTROCNEMIUS



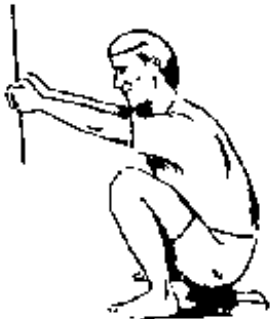
- Place one foot on support
- Pull toes upwards
- Lean forward at the hip

## 7. GASTROCNEMIUS, TIBIALIS POSTERIOR



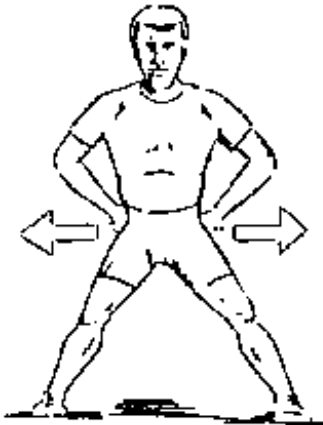
- Place foot on edge of support
- Keep knee straight
- Lower heel towards floor

## 8. SOLEUS



- Hold on to a firm support
- Do a full squat, keeping heels on floor

## 9. ADDUCTORS



- Spread legs apart to nearly full range
- Swing hips away from side to be stretched

## 10. PLANTAR FASCIA, TIBIALIS ANTERIOR



- Raise heel to rest foot on toes



- Place toes behind, tucked under either on the floor or a step
- Pull the knee and heel forward, stretching the front of the lower leg