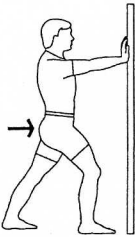


Stretch Gastroc uni standing

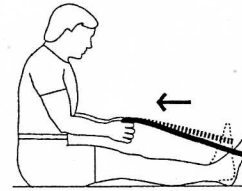


- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 20 Seconds.

Stretch Gastroc sit w/towel



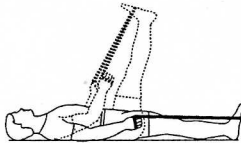
- Sit as shown, looping towel around ball of foot.
- Gently and steadily pull on towel, keeping knee straight.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Stretch hamstrings supine w/towel



- Lie on back holding a towel looped under foot with knee straight, as shown.
- Gently pull leg up.
- Repeat with other leg.

Special Instructions:

Maintain a straight knee.

Perform 1 set of 4 Repetitions, twice a day.

Use Towel.

Hold exercise for 20 Seconds.

Issued By: MMPC Orthopedics

These exercises are to be used only under the direction of a licensed, qualified professional.

Michigan Medical, P.C.

Signature: _____