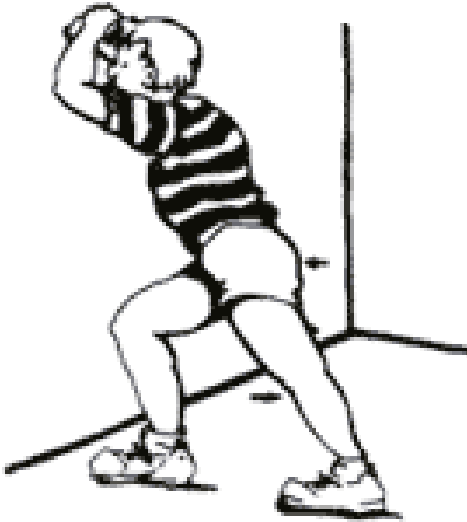
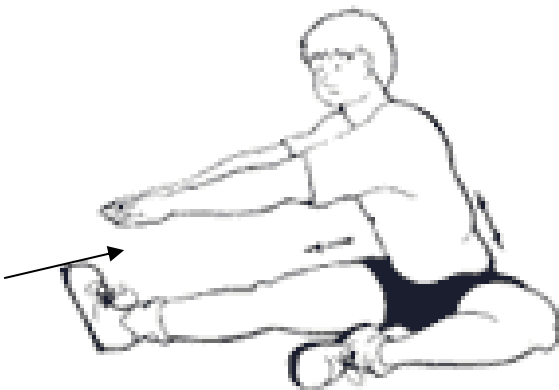


CALF STRETCHES



- Back foot Straight and rolled out
- Back straight and push hips in towards the wall.
- 3 x 30 sec each foot 3-4 x daily

HAMSTRING STRETCHES



- Back straight
- Feel the stretch at the top of the leg first.
- Then pull toes/feet back towards you.
- Feel the stretch all the way along the leg
- 3 x 30 sec each leg 3-4 x daily