
Leg Swing Single Leg Balance

REPS: 10

DAILY: 1



Setup

Begin in a standing upright position. Lift your arms directly to your sides.

Movement

Raise one leg off the ground and begin swinging it forward and backward.

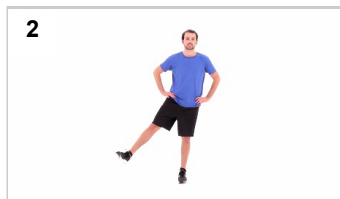
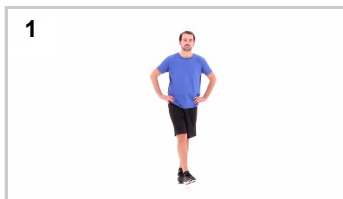
Tip

Make sure to maintain your balance and keep your back straight as you swing your leg.

Leg Swings Side to Side

REPS: 10

DAILY: 1



Setup

Begin in a standing upright position.

Movement

Swing one leg across your body in front of you and out to the side.

Tip

Make sure to keep your movements controlled and maintain your balance during the exercise.

Soccer ankle circles

REPS: 10

DAILY: 1



Movement

Maintain contact with ground using big toe.

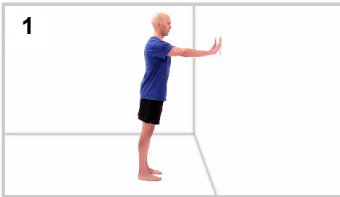
Roll ankle around in a circle, go both directions

Gastroc Stretch on Wall

REPS: 1

HOLD: 30

DAILY: 1



Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

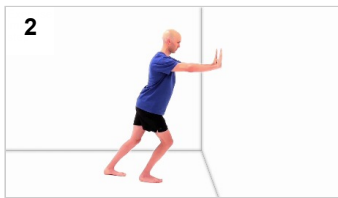
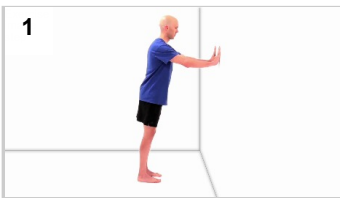
Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Soleus Stretch on Wall

REPS: 1

HOLD: 30

DAILY: 1



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

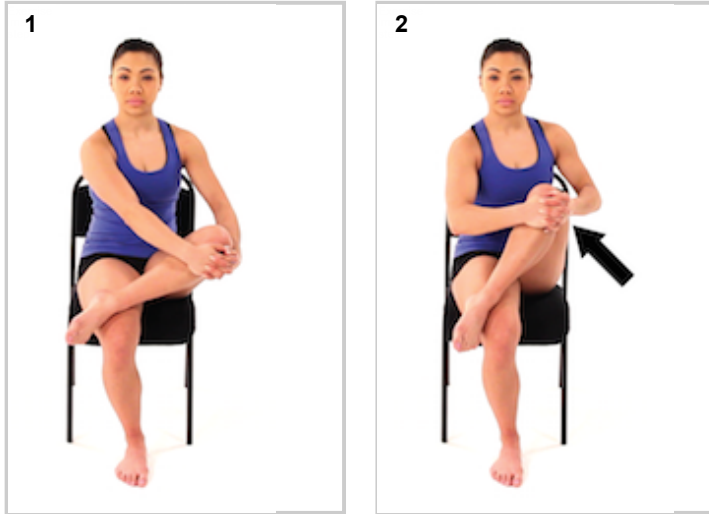
Make sure to keep your heels on the ground and back knee bent during the stretch.

Seated Piriformis Stretch

REPS: 2

HOLD: 15

DAILY: 1



Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

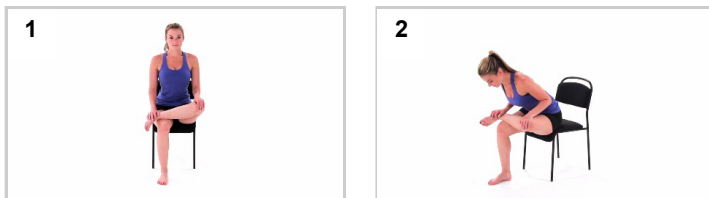
Try to not to arch your back or lean to one side as you stretch.

Seated Piriformis Stretch with Trunk Bend

REPS: 2

HOLD: 15

DAILY: 1



Setup

Begin sitting upright in a chair with one ankle resting on your opposite knee.

Movement

Slowly lean forward, gently pressing down on your bent leg with your hands until you feel a stretch along the underside of your thigh. Hold this position.

Tip

Make sure to keep your back straight as you bend forward.

Seated Hamstring Stretch

REPS: 2	HOLD: 15	DAILY: 1
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Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Standing Quadriceps Stretch

REPS: 2	HOLD: 15	DAILY: 1
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Setup

Begin in a standing upright position.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.