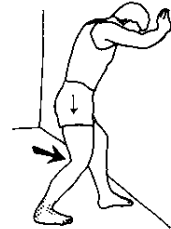


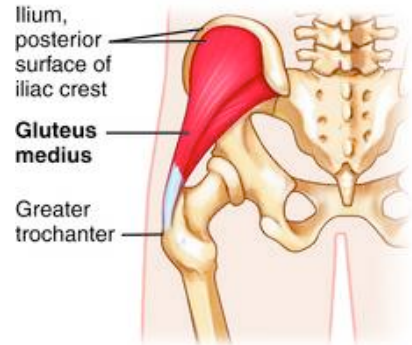
Gastrocnemius / Soleus Complex Stretch:

While facing a wall, step backward with one leg (keeping it straight to target gastroc) and bend the front leg slightly while pushing the back heel into the ground. Next, bend your back knee and continue to push into your heel, this should shift the stretch into the lower leg above your heel (targets Soleus). Shift your hips forward to add more of a stretch into the back calf. Hold for about 15-20 seconds each leg and repeat throughout the day.



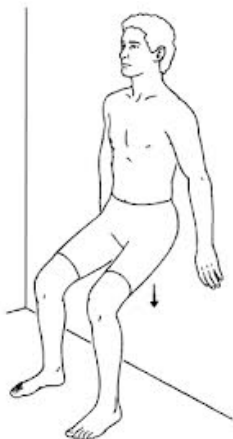
Gluteus Medius - (hip leveler activation)

Perform while you are standing. Start with your feet hip width apart and “planted” in a way that your whole foot is embracing the ground. Then start to push outward as if you are going to slide into a split but instead, the friction from the ground creates an isometric exercise (no movement) for the upper portion of your glutes. Feel the sides of your hips as your gluteus medius contracts to be sure you are activating the right area.



* Use this while standing in line, or working. It will help to strengthen as well as keep you from favoring/standing on one leg.

Wall Sits and Supported Squats (quadriceps, glutes, adductors, and abductors):



Start by standing with your back against a wall or next to a supportive structure (chair, table). Place your feet about hip width apart (a foot or two away from the wall) and look down at your knees as you slowly lower into a shallow squat, making sure to keep your knees behind your toes. You can achieve this by sticking your butt out and opening up your chest. If your back is against the wall, just walk your feet forward slightly. I recommend performing about 8-10 slow and controlled squats 2-3 times a day. The wall sits can just be held for 20 second intervals (then increasing as you progress to 30 sec, 40...) and performed 1-4 times a day.



External Rotator Stretch:



Seated or laying face up, cross one leg so that your ankle is over the opposite knee. Maintain a lengthened spine as you add gentle pressure on your crossed knee and hinge forward at the hips. A light stretch should be felt in the posterior musculature of the pelvis. Try to “breath” into the area that is being stretched – this will help to relax the musculature more quickly and efficiently. *Perform as often as you can throughout your day. (at least 2-3 x/day).



Hamstring stretch (in door frame):

Find a doorframe where you can safely lie on your back and put one leg up the wall while the other lies flat on the floor. Start with your buttocks about a foot or two away from the wall (farther=less stretch) and scoot yourself closer to the wall to increase the stretch as needed. Maintain a gentle stretch while breathing into your pelvis to increase its efficiency. Hold for at least 30 seconds, 1-3x/day.

