



Supine Hamstring Stretch with Belt

Starting position:

Lying on your back with a belt loop wrapped around the ball of your foot.

Movement:

Slowly raise your leg toward the ceiling, pulling with the belt until you feel a stretch in the back of your leg. Remember to keep your knee straight and your opposite leg on the floor. Slowly return to starting position.

Hold for _____ seconds.

Perform _____ Reps _____ Sets _____ Times a day

Seated Calf Stretch with Belt

Starting position:

Long-sitting with a belt loop wrapped around the ball of your foot.

Movement:

Pull your toes up toward your body with the belt until you feel a stretch in your calf. Slowly return to starting position.

Hold for _____ seconds.

Perform _____ Reps _____ Sets _____ Times a day