



### Dorsiflexion Stair Stretch

**Starting position:**

Standing with one leg up on a step, foot flat.

**Movement:**

Lunge forward onto the step until a stretch is felt in the calf. Slowly return to starting position.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ Times a day**

### Downward Dog Stretch

**Starting position:**

On hands and knees with arms and legs extended and hips flexed.

**Movement:**

Slowly walk hands toward feet until a stretch is felt in the back of your legs. Remember to keep your heels on the floor. Slowly return to starting position.

**Hold for \_\_\_\_\_ seconds.**

**Perform \_\_\_\_\_ Reps \_\_\_\_\_ Sets \_\_\_\_\_ Times a day**

