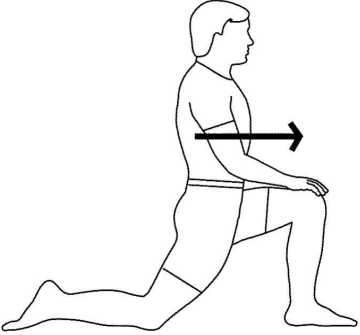
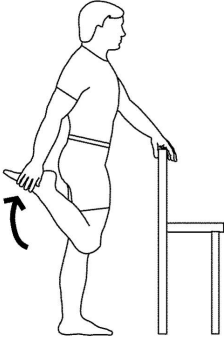
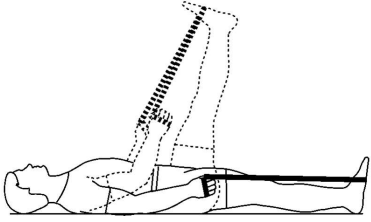

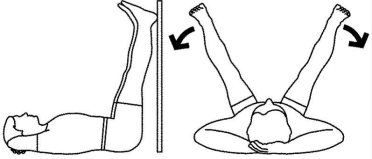
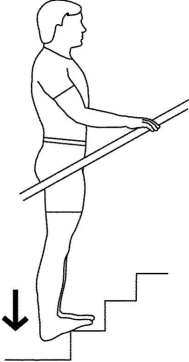
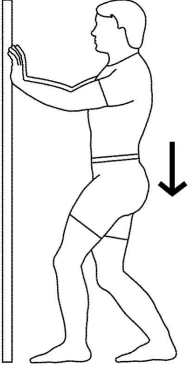
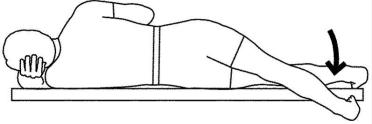
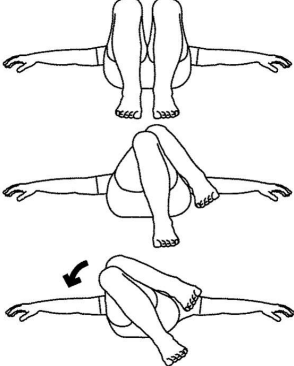


<p><b>Half kneel Quad stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p><b>Standing Quad stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p><b>Towel hamstring stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Use Towel. Hold exercise for 30 Seconds.</p>
<p><b>Hook Piriformis stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p><b>Wall hamstring/inner thigh stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p><b>Double Gastroc step stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>
<p><b>Soleus stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p><b>Sidelying ITB stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>	<p><b>Crossed leg ITB stretch</b></p>  <p>Perform 1 set of 4 Repetitions, twice a day. Hold exercise for 30 Seconds.</p>

**Medical Disclaimer:** The stretching techniques presented are for informational purposes only. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition and attempting to do these stretches.

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