

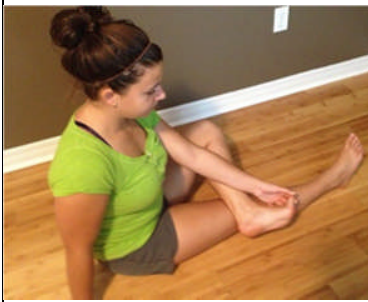


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Daily Stretches



Flexors

*Sit with the back straight and one leg extended

*Bend the other leg on top of the extended one and grab the lesser toes

*Pull straight toward the knee to feel a stretch on the bottom of the foot

x/day	x 2
Reps	x 5
Hold	30 sec

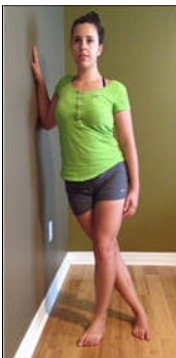


Extensors

*Sit with the back straight and both legs extended

*Point the toes away from the body to feel a stretch on the top of the lower leg

x/day	x 2
Reps	x 5
Hold	30 sec



Lateral Muscle Group – With Supportive Shoes

*Stand and support the upper body against the wall

*keep the back straight

*Keep the back foot on the floor and the knee straight

*Bend the front knee over the other toward the wall

*Shift body weight sideways through the pelvis to feel the stretch in the upper lateral thigh muscle and the lower lateral muscle

x/day	x 2
Reps	x 5
Hold	30 sec



IT Band

*Lie with back straight and one leg bent at a 90 degree at the hip and knee

*Bend the other leg to cross the ankle on top of the opposite knee and grab the mid-thigh

*Pull the thigh straight toward the body to feel a stretch in the lower back, in the gluteus and in the lateral thigh muscle of the crossed leg

x/day	x 2
Reps	x 5
Hold	30 sec