

Exercise Corner

Thigh and Calf Stretch 1

- 1) Feet shoulder width apart
- 2) Left foot on the wall
- 3) Right foot facing outward
- 4) Right Knee bent



Thigh and Calf Stretch 2

- 1) Bring the Right Hip forward
- 2) Tilt the pelvis anteriorly
- 3) Neck and chin in the neutral position
- 4) Weight evenly distributed to both the feet



Thigh and Calf Stretch 3

- 1) Lean forward to flex the hip
- 2) Do not protract the neck
- 3) Do not do not flex the thoracic spine
- 4) Hold for 10 to 30 sec. Repeat 3 times both sides

