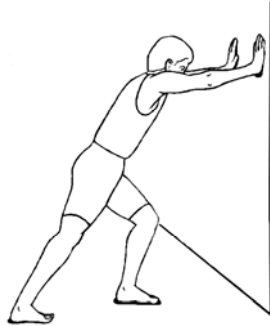


Walking Stretches



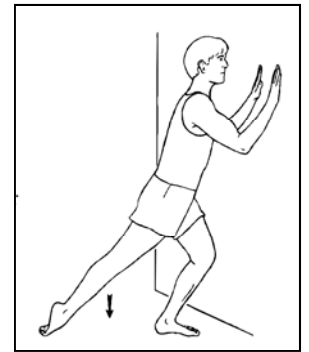
Calf Stretch

Keeping back knee straight, with heel on the floor and toes pointed forward, lean into wall until a stretch is felt in the calf. Hold for 20 seconds. Do 2-3 stretches on each side.



Shin Stretch

With back knee facing forward and toes in line with your knee, gently press front of back foot and ankle down toward floor. Hold 20 seconds. Do 2-3 stretches on each side.



Hamstring Stretch

With foot on step and toes pointed downward, bend forward at the hips (keeping back straight) until a gentle stretch is felt in the back of the thigh. Hold for 20 seconds. Do 2-3 stretches on each side.



Quadriceps Stretch

While holding onto the wall, grasp leg with opposite hand and gently pull heel toward buttocks until a stretch is felt in the front of the thigh. Hold for 20 seconds. Do 2-3 stretches on each side.



Side Bend Stretch

Reach overhead toward the opposite side until a stretch is felt along the side of the trunk. Hold for 20 seconds. Do 2-3 stretches on each side.



Helpful Hints

- It is best to stretch before and after your walk.
- Stretching helps prevent soft tissue injuries and increases your flexibility!
- Stretches should never be painful– you should feel a mild stretching sensation.
- Don't forget to drink plenty of water when you walk.