



## Calf Stretch

1. Bend front knee and lunge forward onto a steady support.
2. Keeping back leg straight, until the stretch is felt in the back calf.
3. Hold for 20 secs minimum. **NO BOUNCING.**
4. Repeat every 1-2 hrs.



## Thigh/Quadricep Stretch

1. Keep upper body straight.
2. Use opposite hand to pull foot/heel to buttock.
3. Proceed to pull thigh 60-70cm behind other knee.
4. Hold for 20-30 secs.
5. Repeat every 1-2 hrs.



## Hamstring Stretch

1. Straighten leg.
2. Place hands on leg above the knee and push down hard.
3. Feel Stretch Behind the knee.
4. Hold for 20 secs.
5. Repeat every 1-2 hrs.



## Tensor Fasciae Latae

1. Feel pull on outside of hip.
2. Hold for 20 secs.
4. Repeat other side.
5. Repeat every 1-2 hrs.



## Patella Glyde - Knee Cap

1. With fleshy part of thumb, push the top/outside corner of knee cap at 45°.
2. Hold for 20 secs.
3. Repeat every 1-2 hrs.

## Stage II : Friction/Rub Fasciae

1. With opposite hand, rub where you feel the pull for 2 mins twice a day.