

Leg Stretches

Calf Stretch

Step back with one leg. Press back heel into ground while leaning forward until you feel a stretch in back of your calf. Hold.



Hamstring Stretch

Step forward with one leg keeping it straight. Slowly lean forward while keeping your back straight, shoulders back and chin up. When you feel a stretch in the back of the forward leg, stop and hold.



Quadriceps Stretch

Bend your knee and grasp ankle with one or both hands. Point your knee down. Gently, pull your ankle toward your back until you feel a stretch in the front of your leg and hold.



Stretching Guidelines

- Stretch daily before work, after breaks, and periodically throughout the day.
- Complete stretches slowly, smoothly, and under control.
- Maintain balance and posture while stretching.
- Focus on breathing and relaxed movement.
- Stretch to a comfortable tension.
- Do not stretch to a point of pain and avoid straining and bouncing.
- Hold each stretch for 10-15 seconds.
- Be sure to stretch both sides.

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Why is Stretching Important?

Stretching increases flexibility.

Flexible muscles can improve your performance in daily activities so that tasks such as lifting objects and dressing are easier and less tiring.

Stretching improves range of motion.

Good range of motion in your joints keeps you in better balance, which will help you stay mobile and less likely to fall.

Stretching improves circulation.

Stretching increases blood flow to your muscles. Improved circulation can speed recovery after muscle injuries.

Stretching relieves stress.

Stretching relaxes the tense muscles that often accompany stress.

References

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