

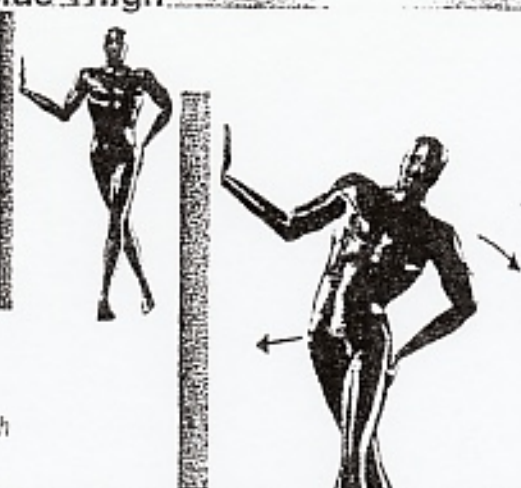
88 Outside Thigh

Stretches:

Tensor Fascia Lata, Ilio-Tibial Band, Lateral Hip Joint, Gluteus Medius

Action:

- Lean hip into wall
- Side-bend trunk away
- Keep back knee straight
- Hold the stretch



89 Outside Thigh-knee

Stretches:

Tensor Fascia Lata, Ilio-Tibial Band, Lateral Hip

Action:

- Side-bend & turn trunk away from back leg
- Reach down & back
- Lean hip sideways into stretch
- Hold the stretch



90 Front Toes

Stretches:

Toe Extensors, Tibialis Anterior, Anterior Ankle Joint

Action:

- Toes under
- Push ankle forward
- Hold the stretch



91 Instep

Stretches:

Toes, Plantar Arch

Cautions: Knees
Precautions: Keep weight forward

Action:

- Kneel on all fours
- Toes bent underneath
- Lower buttocks towards the heels
- Hold the stretch



92 Outside Shin

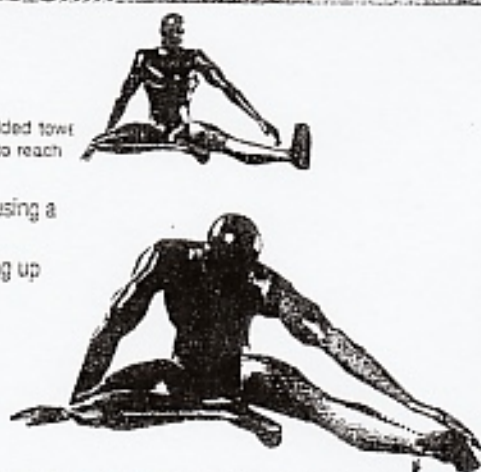
Stretches:

Peroneals, Lateral Ankle Joint

Precautions: Use folded towel around foot if unable to reach

Action:

- Turn foot inward using a hand
- Keep knee pointing up
- Hold the stretch



93 Ankle Roll

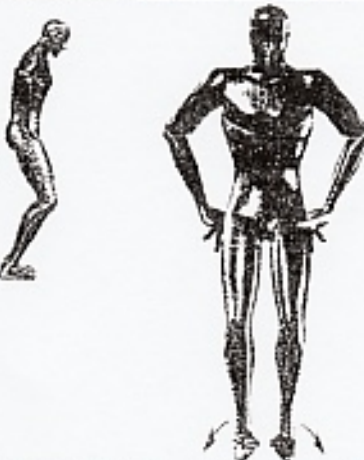
Stretches:

Lateral Ankle Joint, Peroneals

Cautions: Lax ankle ligaments
Precautions: Turn feet in slightly to keep stretch at back of ankle

Action:

- Feet parallel, knees bent
- Roll to outside of ankles
- Keep knees pointing forwards
- Hold the stretch



94 Front Shin

Stretches:

Tibialis Anterior, Anterior Knee & Ankle Joints

Cautions: Knees, ankles
Precautions: Place bolster under ankles instead of feet

Action:

- Start forwards
- Bolster under feet
- Sit back towards heels
- Hold the stretch



95 Calf

Stretches:

Gastrocnemius

Action:

- Feet point forward
- Knee straight
- Move hips back
- Lean forwards
- Push heel down
- Hold the stretch

