Hip Flexor Stretch

- Start by extending your leg backwards and planting your foot
- Turn the toes of your back foot inward
- Slowly lunge forward to feel the stretch in your thigh/hip
- To intensify, reach for the ceiling using your arm from the same side as your back foot
- Hold for 30 seconds
- Repeat with opposite leg

Calf Stretch

- Begin by facing the wall approximately “arms distance” away
- Stand with leg to be stretched extended behind your body
- With your back leg extended, press your heel to the floor and “lock-out” your knee
- To deepen, bend front knee so your hips shift closer to the wall
- To stretch the lower portion of the calf, bend your back knee and drive heel into floor
- Hold for 30 seconds
- Repeat with opposite leg

Executive Stretch

- Sit on chair or bench with your ankles positioned below your knees
- Cross one of your legs over the thigh of the opposite leg
- Slowly lean forward, lowering your torso toward thighs
- Hold for 30 seconds
- Repeat with opposite leg
**Balance Activity**
- Start in a standing position
  (utilize a wall if additional balance assistance is needed)
- Lift one foot off the ground, causing you to balance your weight on the opposite foot
- Focus on 3 points of contact
  - Ball of big toe
  - Ball of little toe
  - Heel bone
- To intensify, try shifting weight to different points of contact
- Hold for 60 seconds
- Repeat with opposite foot

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**Glute Activation**
- Stand parallel to the wall and place one hand upon it
- Angle 1: Kick the leg furthest from the wall backwards, while rotating the foot outward
- Angle 2: Kick the leg furthest from the wall out to your side, while rotating foot downward
- Complete 10 repetitions
- Repeat with opposite leg

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**Toe Activation**
- Place a towel on the ground
- Place your heel on the ground directly behind the towel
- Attempt to scrunch the entire length of the towel while keeping your heel on the ground
- Complete 25 scrunches minimum

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**Sit-to-Stand Squats**
- Begin by sitting at the edge of your chair
- Place your feet at hip-width apart
- Make sure that your toes are slightly in front of your knees
- Begin pressing your heels into the floor, while contracting your glutes
- Slowly move to the standing position
- Reach back with your hips before lowering back down to the seated position
- Complete 10 repetitions

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*You should always speak to your doctor before you change, start, or stop any part of your healthcare plan, including physical activity or exercises.*

**Contact Information**
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