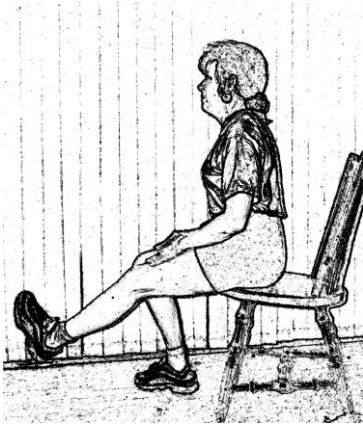


## CALF AND SHOULDER STRETCHES

### Sitting



### Standing



### Advanced



1. **SIT** on bed, chair, couch (or floor)
2. Straighten the leg to be stretched, supported on the floor or stool.
3. Bent leg foot flat on floor.
4. **TIGHTEN STOMACH**
5. Keep **SHOULDER BLADES SQUARED**
6. May pull strap or sheet around your arch for an extra stretch - **Keep back straight!**
7. **ADVANCED** -Reach forward at shoulder level
8. Hold for **30 seconds**

1. **Hold back of chair or counter.**
2. Slide one foot backward, **KEEPING TOES STRAIGHT AHEAD & KNEE STRAIGHT.** Make sure **BACK HEEL IS TURNED OUTWARD ENOUGH TO KEEP FOOT STRAIGHT AHEAD.**
3. Keep your **BACK & NECK STRAIGHT** with **STOMACH IN, SHOULDER BLADES SQUARED,** and **CHIN** pulled **IN.**
4. Hold for **30 seconds**

**ADVANCED** -Bend your elbow and lift your arm as high as you can, pushing it back to stretch your shoulder at the same time you stretch your leg & foot.