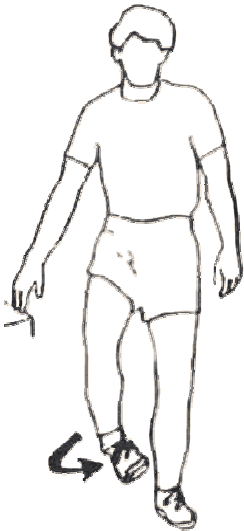


EATON CHIROPRACTIC

ANKLE AND LEG STRETCHES

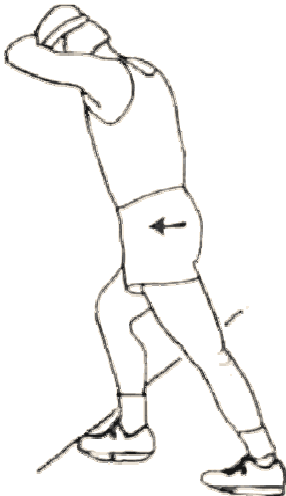
STRETCHES ANKLES



Stand and hold onto something for balance
Lift right foot and rotate foot and ankle 8 to 10 times clockwise, then 8 to 10 times counterclockwise.

Repeat on other side (Note: can also be done sitting)

STRETCHES CALF



Stand a little way from wall and lean on it with forearms, head resting on hands
Place right foot in front of you, leg bent, left leg straight behind you
Slowly move hips forward until you feel stretch in calf of left leg
Keep left heel flat and toes pointed straight ahead
Hold easy stretch 10 to 20 seconds
Do not bounce
Repeat on other side
Do not hold breath

STRETCHES FRONT ON THIGH (QUADRICEPS)



Stand a little a way from wall and place left hand on wall for support

Standing straight, grasp top of left foot with right hand

Pull heel toward buttock
hold 10 to 20 sec

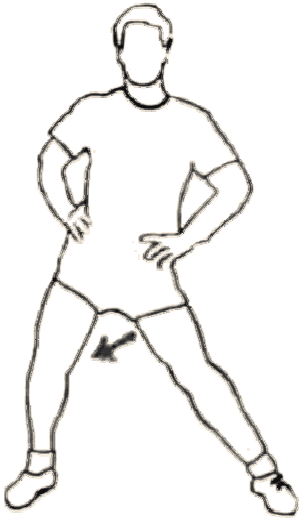
Repeat on other side

RELAXES HAMSTRINGS, STRETCHES CALVES, ACHILLES, AND ANKLES



Stand with feet shoulder-width apart
Keep heels flat, toes pointed straight ahead
Assume bent knee position (quarter squat)
Hold 30 sec

STRETCHES INNER THIGH, GROIN



Stand with feet pointed straight ahead, a little more than shoulder-width apart
Bend right knee slightly and move left hip downward toward right knee
Hold 10 to 15 seconds
Repeat on other side
If necessary, hold on to something (chair, etc.) for balance

STRETCHES LOWER BACK, SIDE OF HIP, AND NECK



Sit on floor with left leg straight out in front
Bend right leg, cross right foot over, place outside left knee
Bend left elbow and rest it outside right knee
Place right hand behind hips on floor
Turn head over right shoulder, rotate upper body right
Hold 10 to 15 seconds
Repeat on other side
Breathe in slowly

STRETCHES SIDE OF HIP, HAMSTRINGS



Sit on floor with right leg straight out in front
Bend left leg, cross left foot over, place outside right knee
Pull left knee across body toward opposite shoulder
Hold 10 to 20 seconds
Repeat on other side
Breathe easily

STRETCHES BACK OF LEG AND LOWER BACK



Sit on floor, legs straight out at sides
Bend left leg in at knee
Slowly bend forward from hips toward foot of straight leg until you feel slight stretch
Do not dip head forward at start of stretch
Hold this developmental stretch 10 to 20 seconds
Repeat on other side
Foot of straight leg upright, ankles and toes relaxed
Use a towel if you cannot easily reach your feet