

# Avista

## Home Stretching Programme

Hold 10 second and Repeat 3 times each leg

Do NOT Rock Back and Forth/Bounce



Calf Stretch

Keep feet facing forward not out to side



Side of Leg Stretch



Buttock Stretch



Back of Leg Stretch

Keep knee straight

Lean forward for more stretch



Front of Leg Stretch

Do NOT pull leg out to side