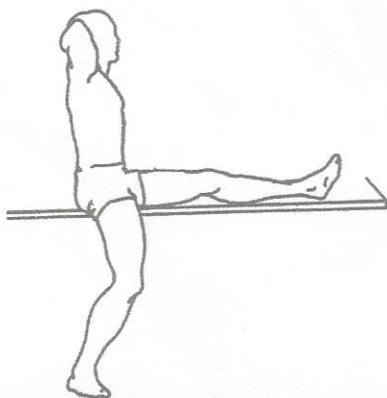




## Stretching exercises

Please follow the guidelines given by the Podiatrist.

### Hamstrings



Sit on a bench with one leg extended and the opposite foot on the floor. Place your hands behind your head, check your back is straight (to alleviate tension on your hamstrings contract your quadriceps).

Hold for.....seconds. Repeat.....times