

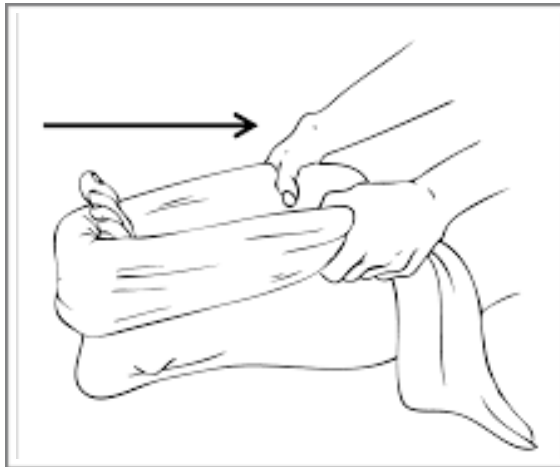
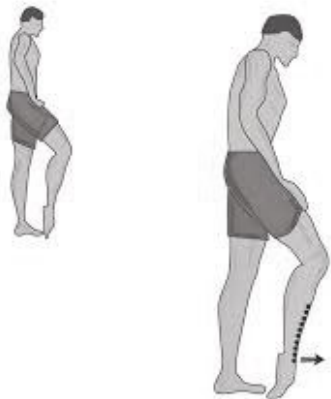
FOREARM/WRIST & LOWER LEG/ANKLE/FEET STRETCHES



Forearm Stretches.
Palms up & Palms Down Stretching the
forearms and hands.

*Remember to always include your thumb in
both directions

Tibialis Anterior Stretch.
Curl toes under and press forward to stretch
out shins.



Plantar Fasciitis Stretches
Lengthening at bottom on feet to release
connective tissue tightness and pain.



Lower Leg Stretches Stretching Back Leg
Above: Gastroc Stretch Back Leg is straight
Below: Soleus Stretch Back leg knee is bend

