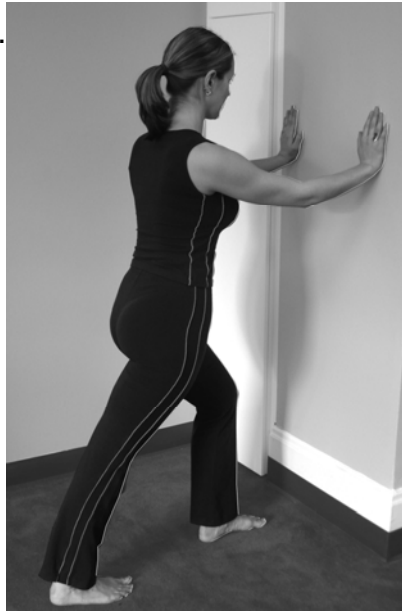


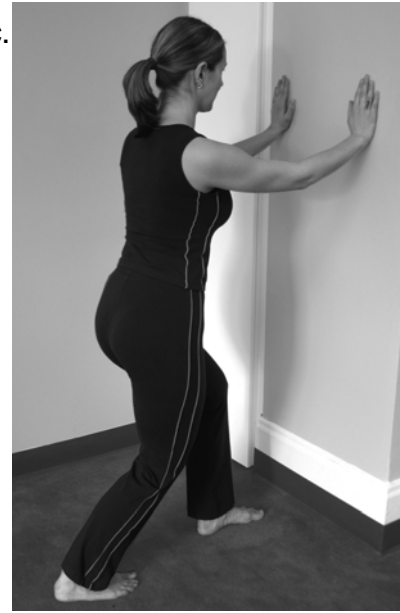
1a.



1b.



1c.



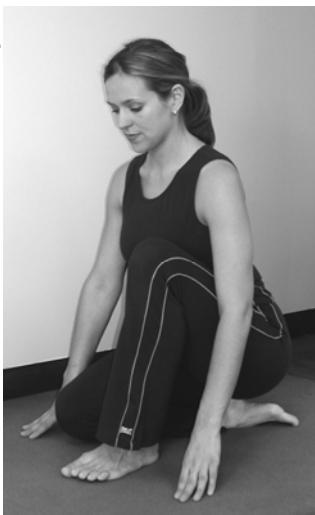
Standing Calf Stretch x2

1a & b. Begin in staggered stance with hands on the wall. Keep back knee straight and heel on the floor. Slowly bend front knee and lean toward wall until stretch is felt in back calf. Hold 30 seconds. Repeat on other side.

1c. Perform as above except that both knees are bent. Gently lean toward the wall until stretch is felt in lower calf. Hold 30 seconds. Repeat on other side.

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2a.



2b.



Kneeling Soleus Stretch

2a. Kneel down with buttock sitting on right foot and sole of left foot on the floor in front of you.

2b. Interlace fingers under the ball of left foot. Keeping heel on the floor, pull up on ball of left foot. Shift weight of upper body forward until you feel a stretch in the lower calf. Hold 30 seconds. Repeat on other side.