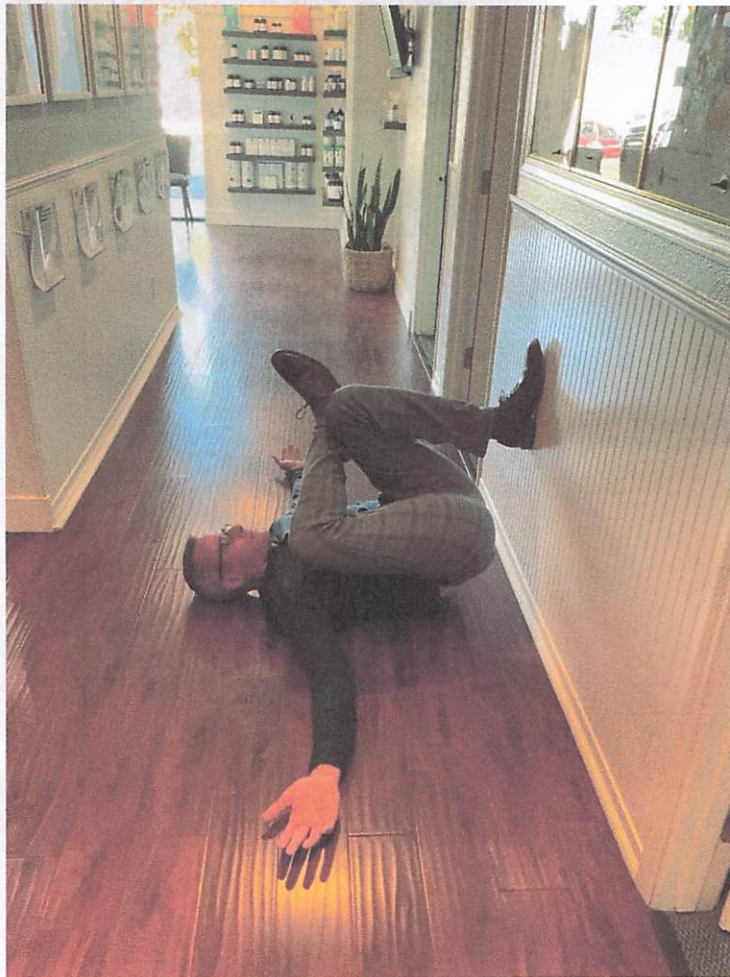
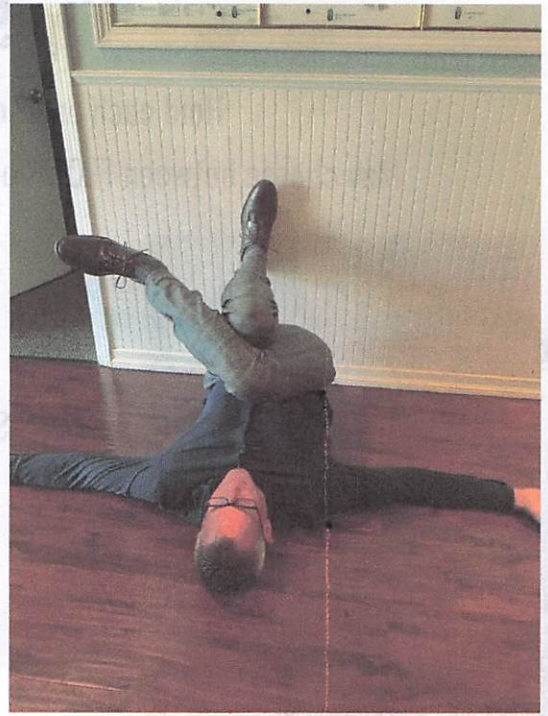


KNEE TO KNEE



← **KNEE TO ANKLE**

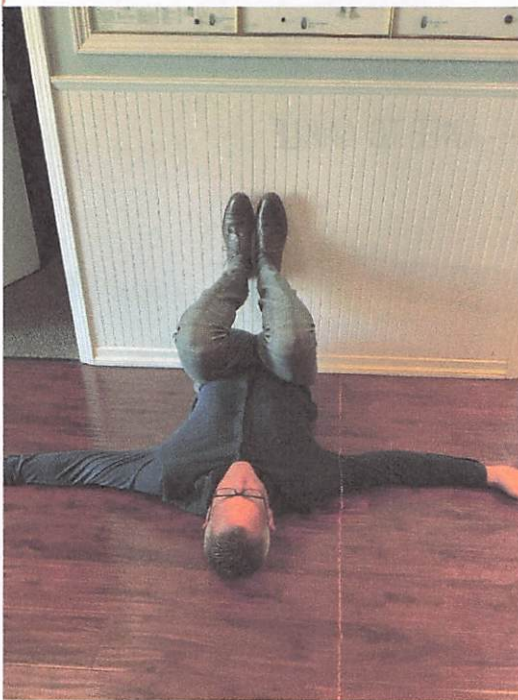
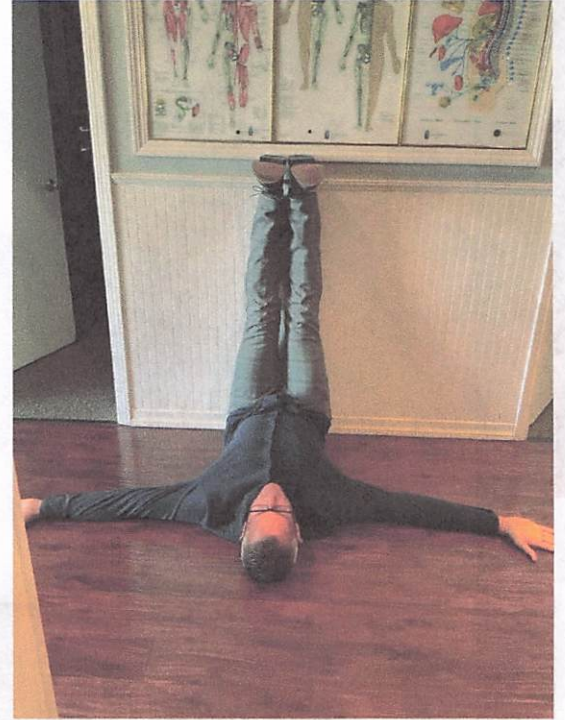
Hip Stretch Protocol

Hold each position for 30 seconds to 1 minute

May choose between FLOOR or WALL stretches based on comfortability



LEGS STRAIGHT TO WALL



LOW BACK TRACTION
PUSH WITH FEET AGAINST WALL

