



# Hughston Health Alert

6262 Veterans Parkway P.O. Box 9517 Columbus GA 31908-9517



## Calf stretch

Assume a push-up position with one foot on top of the other. Walk your hands toward your feet. Keep your heel flat on the ground as you walk your hands back. The stretch should be felt in the back of your lower leg.



## Triangle stretch

Take a large step forward and slightly to the side for balance. Keep both legs and back fairly straight. Bend at your waist over your front foot. The stretch should be felt in the back of the thigh and behind the knee of the forward leg.

## Quadriceps stretch

Take a giant step forward and assume a kneeling position. Keep your back straight, exhale, and slowly lean forward. Make sure you can see your toes when looking over the knee of your forward leg. The stretch should be felt in the front of the thigh of the back leg and the back of the thigh in the front leg.

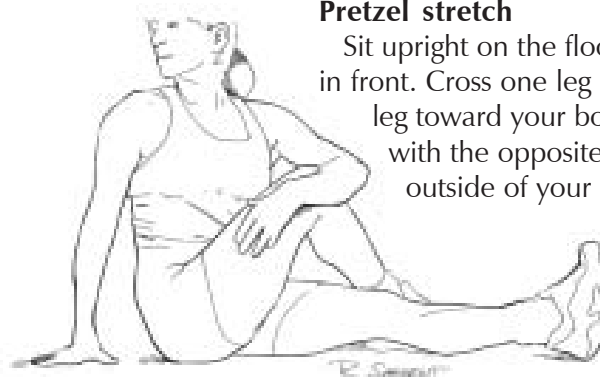


## Stretching exercises for soccer



## Butterfly stretch

Sit upright on the floor. Bring the bottoms of your feet together and slide them toward your body. Keep your back straight and push your legs toward the floor. The stretch should be felt on the inside of the thigh.



## Pretzel stretch

Sit upright on the floor with your legs straight out in front. Cross one leg over the other then slide your leg toward your body. Reach across your body with the opposite arm and place on the outside of your bent leg. Push back on your knee with your opposite arm and twist. The stretch should be felt on the outside of the hip and in your lower back.

FOR A HEALTHIER LIFESTYLE