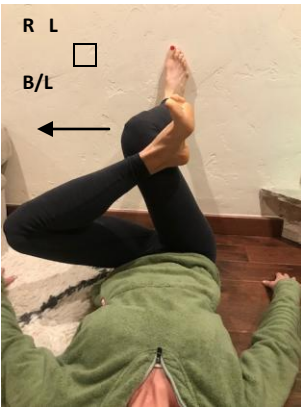


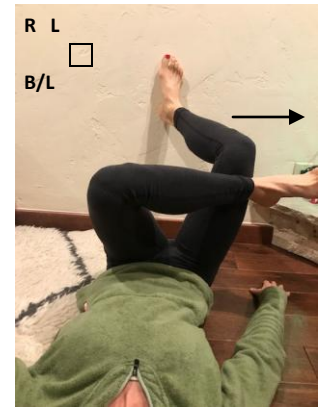
Piriformis Stretch: stretch origin, then move knee to left to add in Glute medius
1 min./ 2-3 x's / day



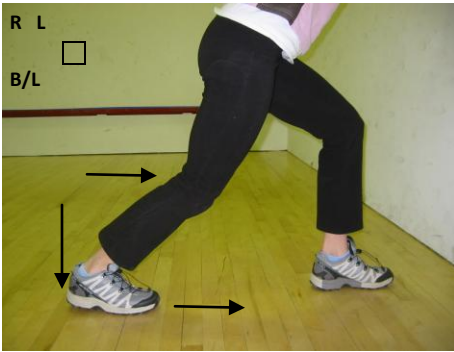
Piriformis Stretch: stretch Rotators, 1 min./ 2-3 x's / day



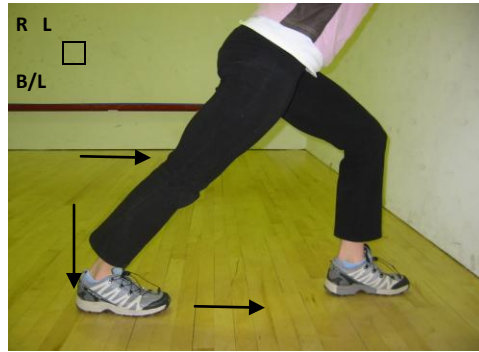
Piriformis Stretch: Move knee to right to stretch the Rotator origin, 1 min./ 2-3 x's / day



Soleus Stretch: Knee must be bent with toes facing wall, 1 min./ 2-3 x's / day



Gastroc. Stretch: Knee must be straight with toes facing wall, 1 min./ 2-3 x's / day



Tibialis Posterior strengthening: back against wall hold toes up 30sec./3X's/ 1-2X day



Heel Walk for Shin Splints: Tib. Posterior strengthening, 30 ft up/back/1X day



Duck Walk for Shin Splints: Tibialis Posterior



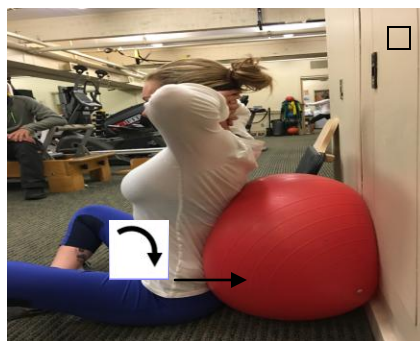
Peroneus Longus Exercise: You Must be upright or lean backwards, 3 sets of 15/1X day



Reverse clamshell Glut Med exercise: keep knee on ball, 3 sets 10 /1-2 X's day



Thoracic extension with ball: Fingers behind neck, post pelvic tilt then upper thoracic ext.



Foam roll stretch, roll up and down roll on IT-BAND , 1-2X's day

