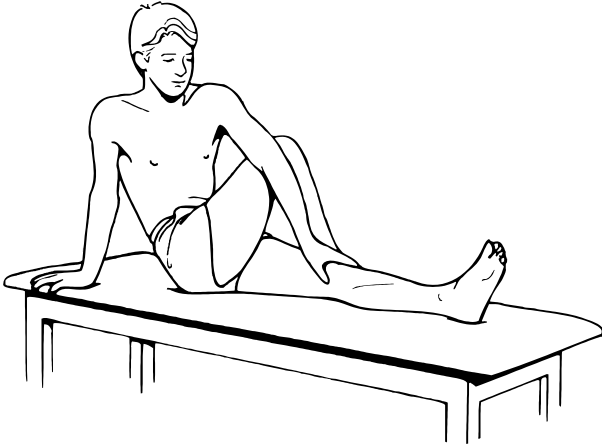


Reliant Medical Group

Rehabilitation & Sports Medicine

It is summer, we hope, and a good time to get outside and do some walking. Wear loose light clothing; remember to bring water to sip regularly to replace the water you will lose by sweating. When you are walking your shoes are your most important piece of equipment so get good ones. Don't go walking in flip flops or crocs. Invest in a good walking or running sneaker, and don't forget the sunscreen. Stretch after you are done walking. Try these stretches. **Stretches should be held for 30 seconds and should be done about 4 times each side.**

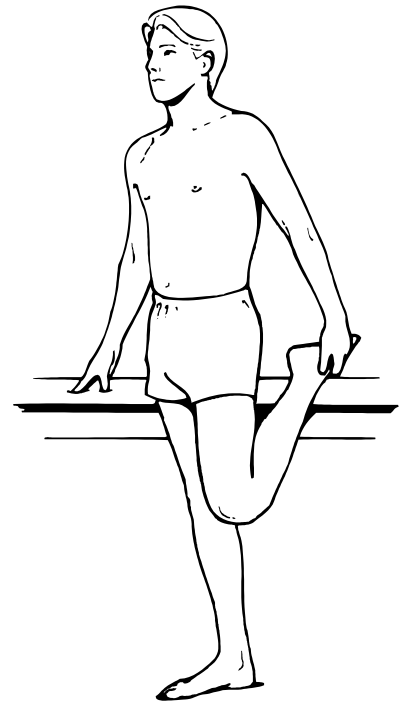


Stretching: Piriformis Stretch

Cross leg over thigh and place elbow over outside of knee. Gently stretch buttock muscles by pushing bent knee across body. Hold ____ seconds.

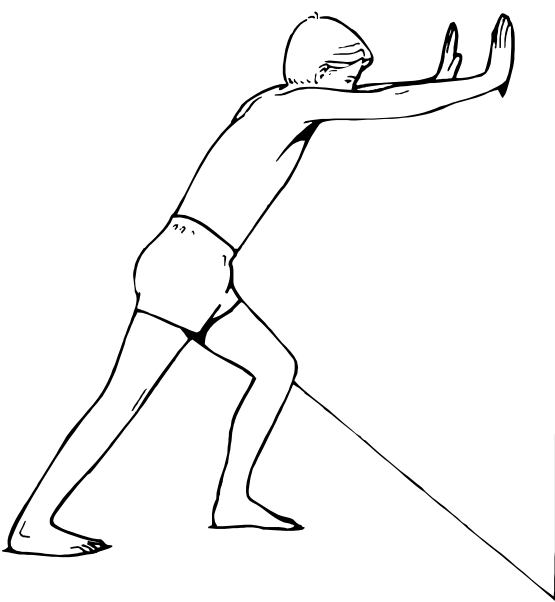
Stretching: Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.



Stretching: Gastroc Stretch

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143
Westboro 508-871-0789 Leominster 978-840-1900 Auburn 508-721-1101

Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org

Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets