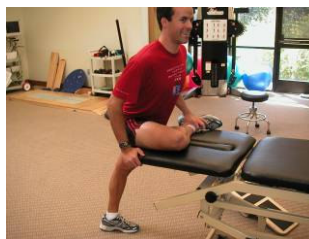




**Patient:**

**Therapist:**

**Exercise: Glute/ Piriformis stretches**



**Exercise: Hamstring stretches**



**Exercise: Hip flexor/ Quadriceps stretches**



**Exercise: Gastroc/ Soleus stretches**





**Questions? Contact your therapist at (602) 956-4040 or [endurancerehab.com](http://endurancerehab.com)  
4440 N. 36th St. Suite 240 Phoenix, AZ 85018**