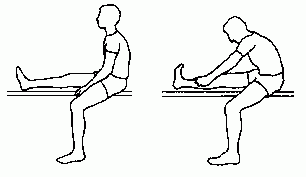
 (Total knee)

Runner’s Stretch

* Stand approximately one foot away from a wall or countertop



Hamstring Stretch