

## Try These Stretches for Walkers

### Calf, Achilles Tendon Stretch:

- Lunge step 2 or 3 feet forward from back foot.
- Press back heel flat into floor.
- Stretch spine tall as you lean slightly forward with hands resting on a wall or on the front thigh.
- Tuck your buttocks (same format as others) under your hips while contracting abdominals.



### Hamstring Stretch:

- Step into front lunge position.
- Shift weight to back foot.
- Place hands on top of front thigh.
- Slowly drop buttocks.
- Lift your toes.
- Hold and repeat on other side.



### Quadriceps Stretch:

- Grasp your foot and gently pull your heel toward buttocks, keeping knee pointed down.
- Hold wall for support.
- Avoid arching back.
- Hold and repeat on other side.

#### **Variation:**

- If this is difficult, simply fold leg back and hold.



### Foot Rolls for Shin Stretches:

- Standing with your feet close together, roll up onto your toes, hold for 2 seconds, and roll back down.
- Roll onto the outsides of your feet, hold for 2 seconds, and roll back down.
- Roll onto your heels with toes off the ground, hold for 2 seconds.
- Roll back down.

