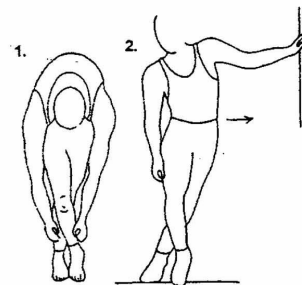


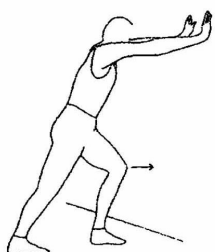
QT2 IT Band Stretch Routine

1. Iliotibial band stretch (standing): Cross your uninjured leg over your injured leg and bend down to touch your toes. Hold this position for 30 seconds. Come up to the starting position. Repeat 3 times.

2. Iliotibial band stretch (side-leaning): Stand sideways to a wall, your injured leg toward the inside. Place the hand nearest the wall on the wall for support. Cross your uninjured leg over the injured leg, keeping the foot of the injured leg stable. Lean into the wall. Hold the stretch for 10 seconds and repeat. Do 2 sets of 10.



Iliotibial band stretches



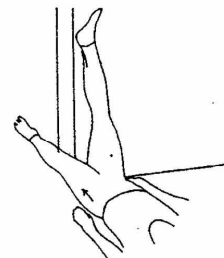
Standing calf stretch

3. Standing calf stretch: Face a wall and put your hands against the wall at about eye level. Keep your injured leg back, your uninjured leg forward, and the heel of your injured leg on the floor. Turn the foot on your injured leg slightly inward (as if you were pigeon-toed) as you slowly lean into the wall until you feel a stretch in the back of your calf. Hold for 30 seconds. Do this several times a day.



Quadriceps stretch

4. Hamstring stretch: Lie on your back with your buttocks close to a doorway and extend your legs straight out in front of you. Raise your injured leg and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds, feeling a stretch in the back of your thigh. Repeat 3 times.



Hamstring stretch

5. Quadriceps stretch: Stand sideways to a wall, about an arm's length away from the wall, your injured leg toward the outside. Facing straight ahead, keep the hand nearest the wall against the wall for support. With your other hand, grasp the ankle of your injured leg and pull your heel up toward your buttocks. Don't arch or twist your back. Hold this position for 30 seconds. Repeat 3 times.