



PAIN FREE PHYSIOTHERAPY CLINIC

31A, DDA Flats, Pkt - 2 Behind Sec - 6 Market, Dwarka New Delhi

Exercise Sheet



1 Kneel to chest (both knees)



2 Trunk rolling



9 Rectus Femoris Stretch



4 Prone on Elbow



5 Piriformis Stretch



6 Prone on hand



7 Calf Stretch



8 Adductor stretch



10 IT Band/ TFL Stretch



15 Plantar Fascia stretch



Neck & Shoulder Stretches

Calf Stretch