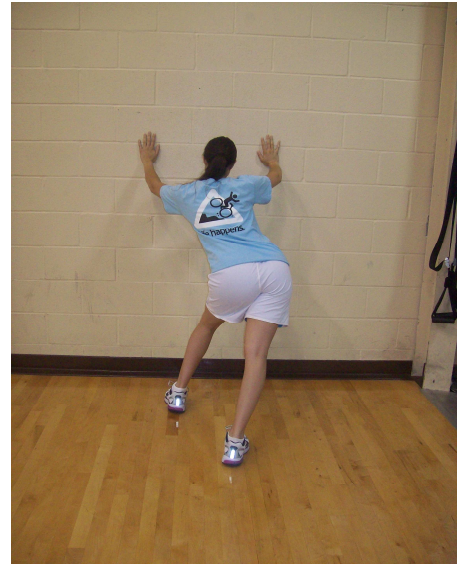
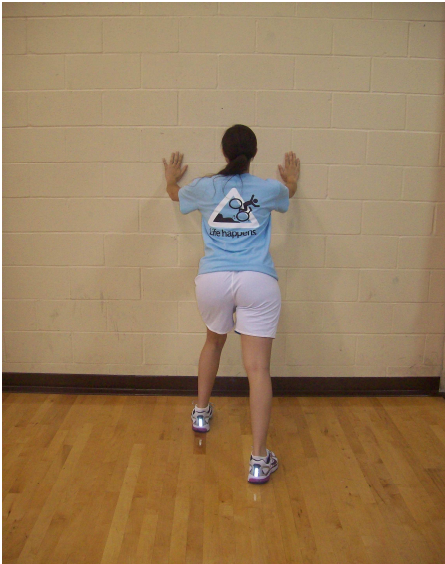




PHYSICAL AND OCCUPATIONAL THERAPY

2D GASTROC. STRETCH



Stand with feet shoulder width apart facing the wall.
Put both hands against the wall at shoulder height.
Step forward with your left/right foot.
Keep back foot flat on the floor and leg straight.
Bend your left/right knee forward and glide your hips from side to side.
Repeat _____ times.