



## **ICING AND STRETCHING**

### Morning Stretch:

Stretch: Knee straight – 1 minute, 30 seconds

Stretch: Knee bent – 1 minute, 30 seconds

### Evening:

Ice: Foot 10 minutes

Stretch: Knee straight – 1 minute, 30 seconds

Stretch: Knee bent – 1 minute, 30 seconds

Ice: Foot 10 minutes

Repeat evening instructions three times.