

# STAND ALL DAY?

Here are four stretches to relieve the pain

## 1 Leg Extension

5-10 repetitions per leg



- Standing upright, extend one straightened leg out behind you
- Lower your leg back to the floor

## 2 Squat

5-10 repetitions



- With feet hip-width apart, bend your knees and lower your buttocks
- Be sure to keep your chest lifted, knees apart and weight on your heels

## 3 Marching in Place

5-10 repetitions per leg



- Standing upright, raise one knee so your hip is at a 90 degree angle
- Lower your leg back to the floor

## 4 Ankle Rotations

5 repetitions per ankle  
(clockwise & counterclockwise)



- Raise one foot and rotate your ankle
- Create big circles with your toes

Want more? Learn about our free, personalized programs for pain:

[HINGEHEALTH.COM/UTHEALTH](https://HINGEHEALTH.COM/UTHEALTH)