

The Sports Injuries & Fitness Clinic

Static Stretches Part 1

Produced by Paul A. McKenzie *Dip. FTST, Dip. FN, MFHT*

www.thesportsinjuries-fitnessclinic.co.uk

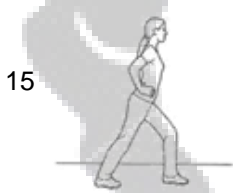
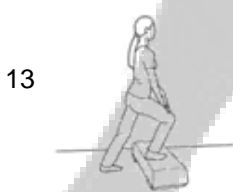
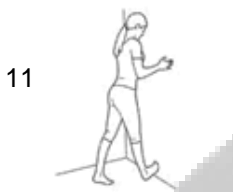
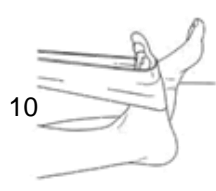
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MEMBER

ANKLE & CALF



HIPS

17



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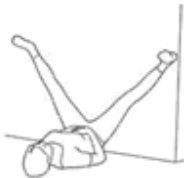
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KNEE

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LOWER TORSO

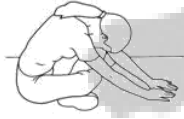
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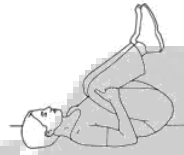
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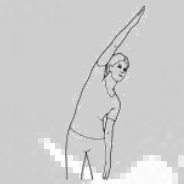
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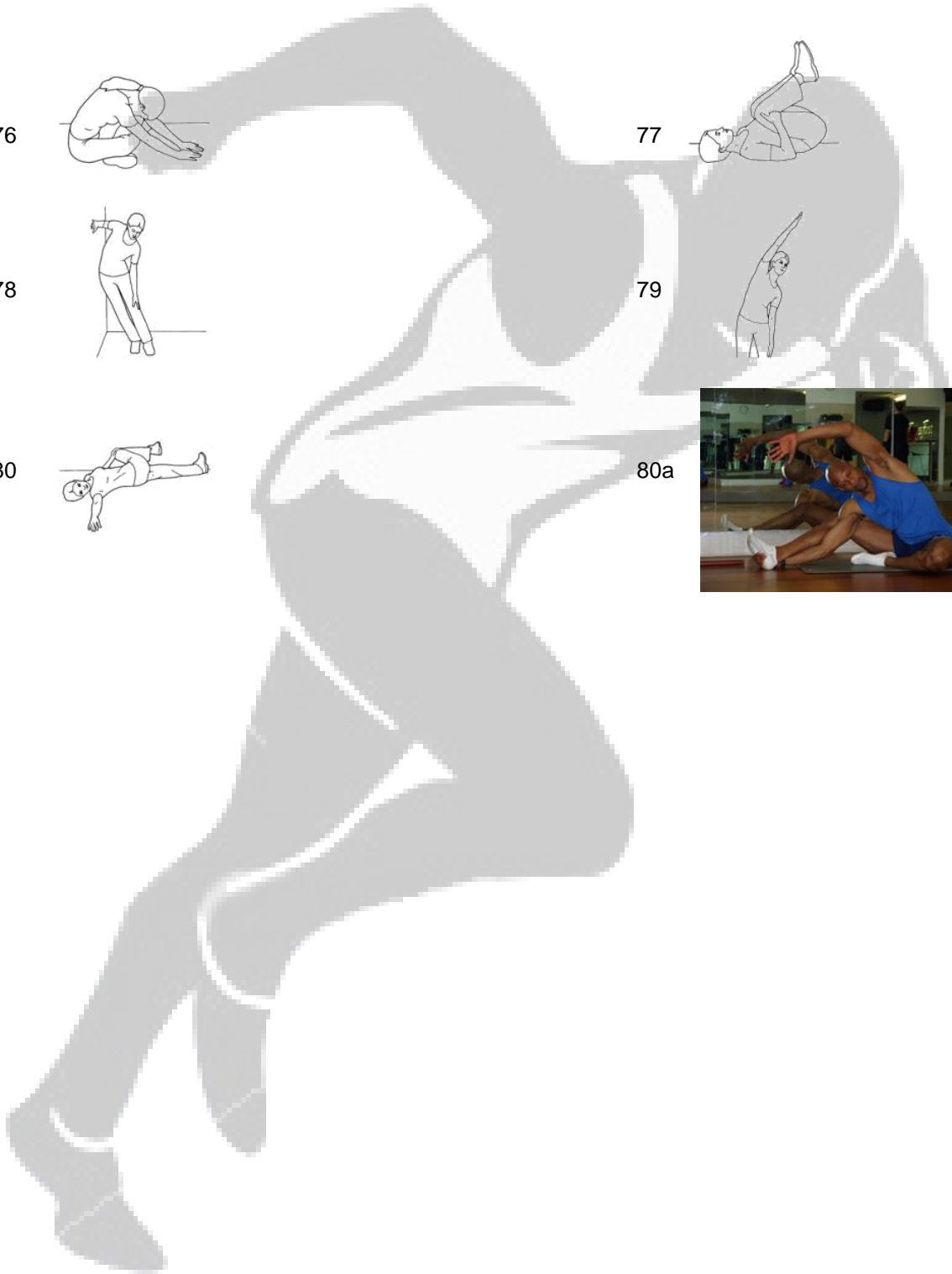
79



80



80a



NECK

81



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SHOULDER JOINT / GIRDLE

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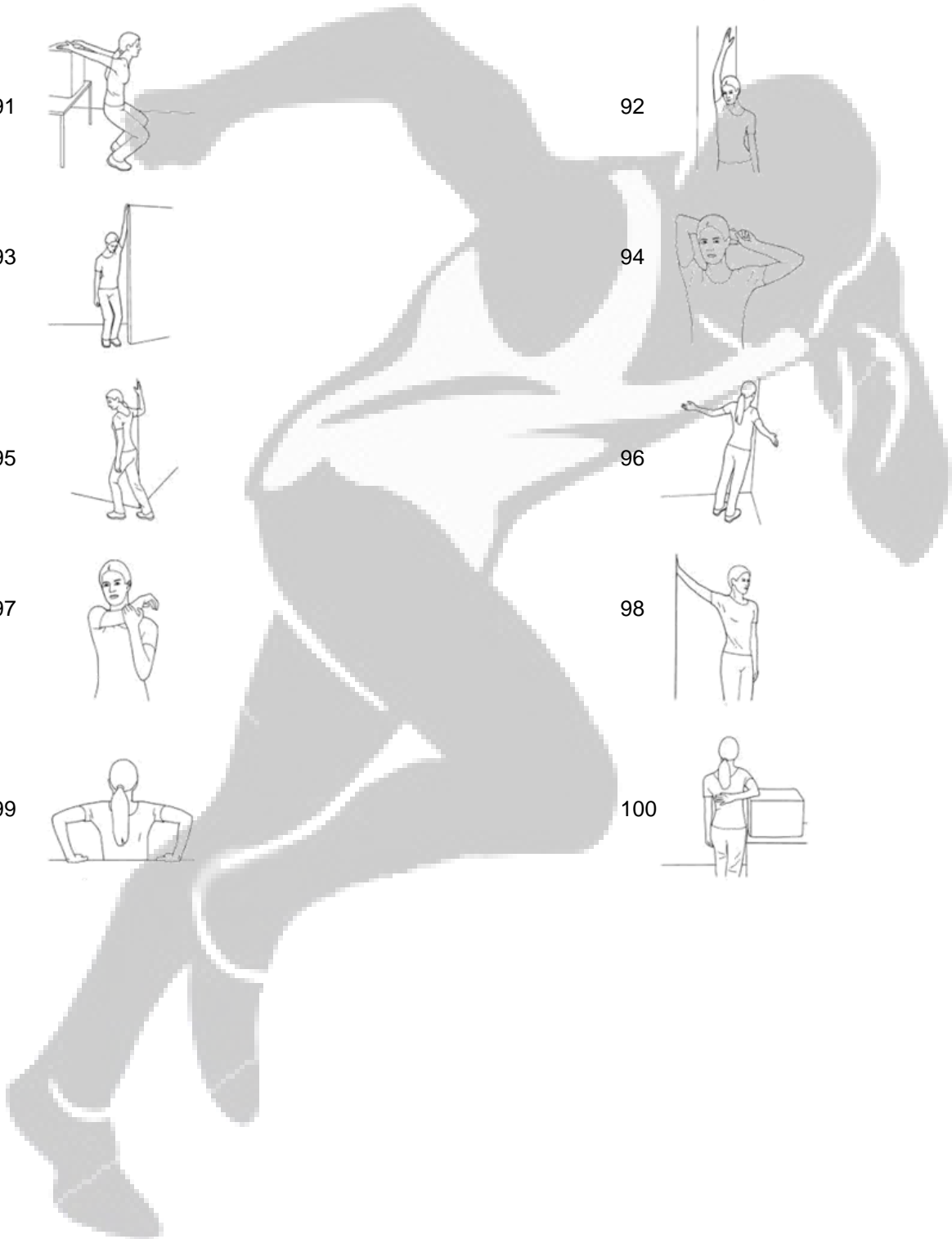
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100



UPPER TORSO

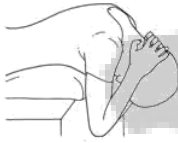
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103



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