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

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