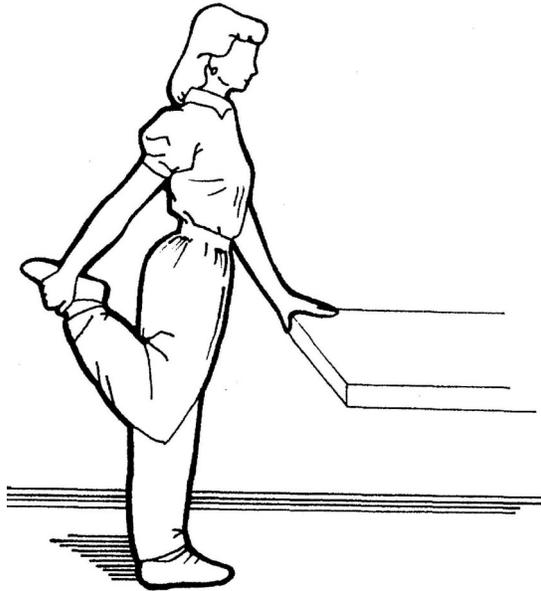


## RESTLESS LEG STRETCHES



Restless Leg Syndrome is especially miserable if it keeps you awake at night. It can be controlled however, if you are willing to do some serious stretches just before bed. There are also a prescription medications available which can greatly aid in your relief. See the notes below regarding the stretches so that you are sure to get the greatest benefit.

The stretches should be done in loose clothing or in your night clothes. They are however, depicted here in regular daytime attire.

QUAD STRETCH: Stretch each side as long as it takes to feel that the muscles have relaxed.

CALF STRETCH: A really effective way of doing this is to have a wedge of wood by your bed to put your foot up on to stretch the calf.

LUNGE & DOWNWARD FACING DOG: These are two very important stretches and are shown with illustrations of the muscles involved.

HAMSTRING STRETCH: Another very effective way to stretch the hamstrings is to lie on your back on your bed with a strap or belt under your foot. Pulling your leg straight up with the belt will give you a good stretch. Hold all stretches for 1-2 minutes or until you feel the muscle has relaxed.