

PREPPING FOR THE RIDE

Stretching and Recovery

Prepping for the ride can be fun, but delayed onset muscle soreness (DOMS) makes an appearance as training regimens progress. Stretching prior to your workouts, and after your workouts can help the healing and recovery process of DOMS. Here are a few leg stretches to help your training recovery.

Try to hold each stretch for one minute, and ease into the stretch.

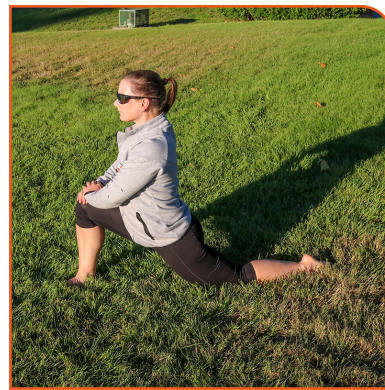
Additionally, adding an icing session into your post workout routine can help too.
For best results, ice the sore muscle for at least 10 minutes.

And don't forget to stay hydrated!

**Have more physical therapy questions?
Meet us at the event under our tent at the race!**



Quad stretch



Hip flexor stretch



Hamstring stretch



Gastroc stretch



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