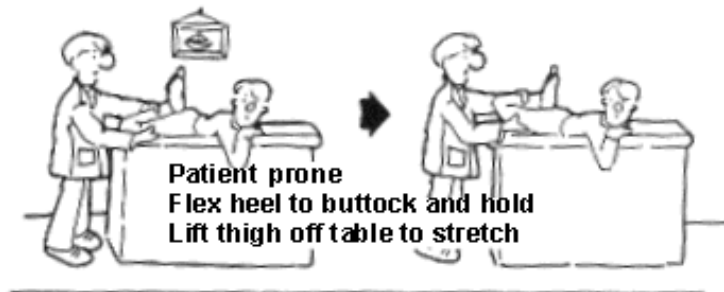




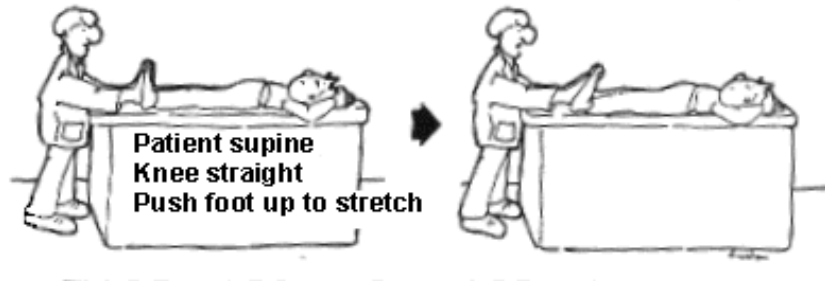
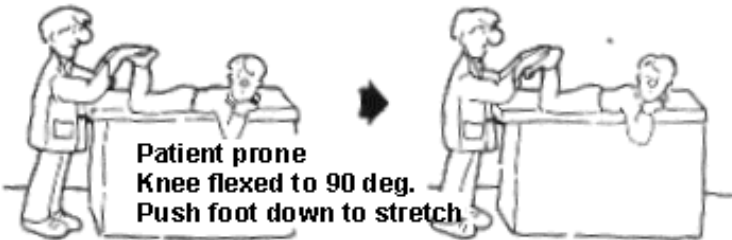
GROWING PAINS TREATMENT PLAN

Stretching Plan

Quadriceps



Calf



Hamstrings



Note: Hold stretch for 15-20 seconds. Repeat each stretch 10-20 times, alternating legs. Stretching regimen should be done twice a day.

Revised July 8, 2019