

# LE STRETCHING

Centre Hospitalier de Libramont  
Avenue d'Houffalize, 35  
6800 LIBRAMONT

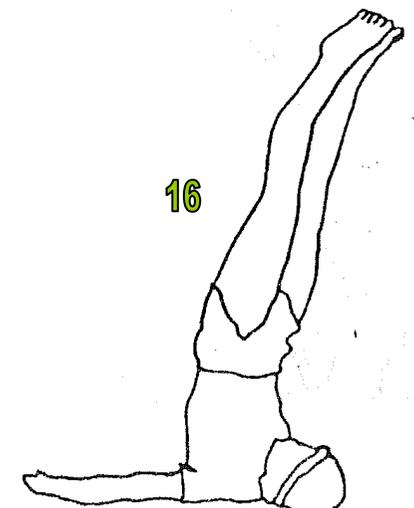
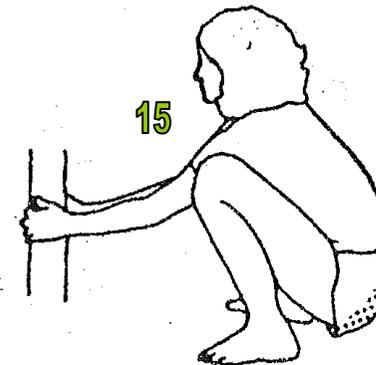
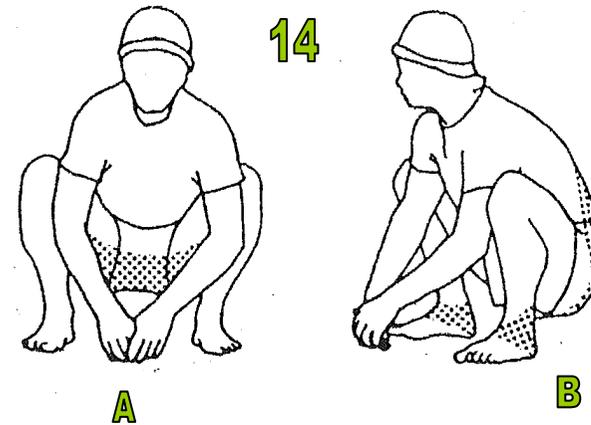


Service d'Orthopédie & Traumatologie  
de l'appareil locomoteur

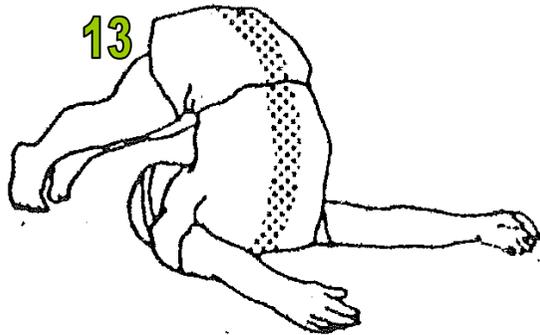
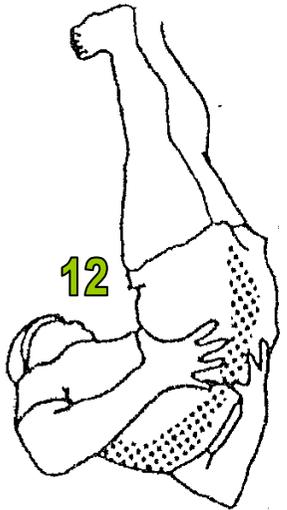
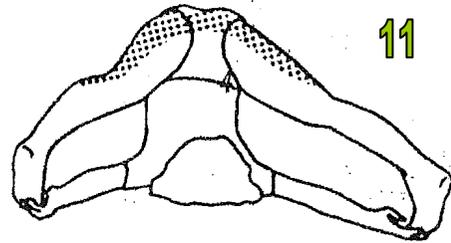
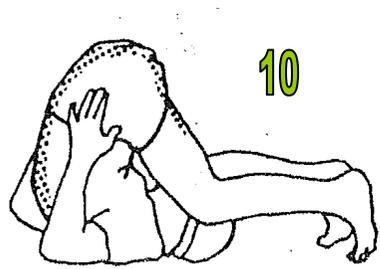
- Ne vous étirez pas trop, particulièrement au début.
- Assurez-vous une position confortable, dans laquelle la tension disparaîtra rapidement.
- Sentez votre étirement.
- Respirez naturellement.
- Ne faites pas de mouvements brusques.
- Votre condition physique change tous les jours.
- Adaptez les exercices à vos possibilités.
- Ne cherchez pas une plus grande souplesse, cherchez un plus grand bien-être.

Bon travail ...

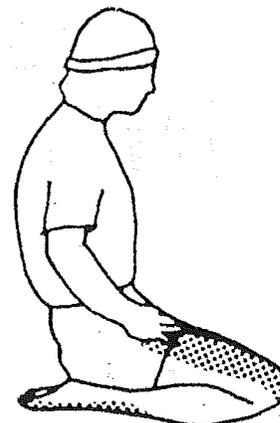
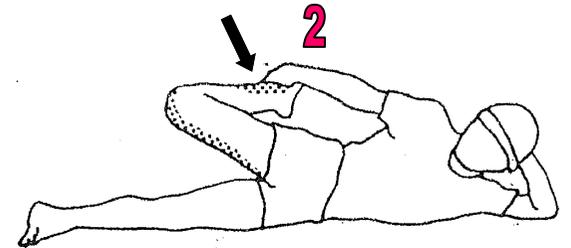
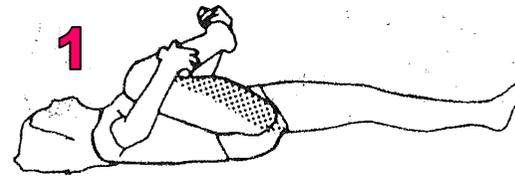
## STRETCHING DOS



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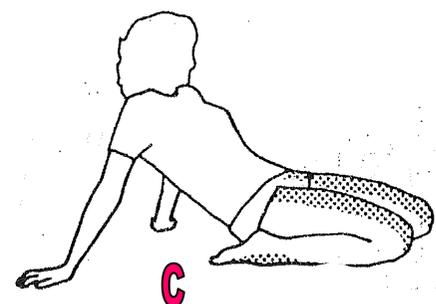


# STRETCHING HANCHES-CUISSSES- JAMBES-PIEDS



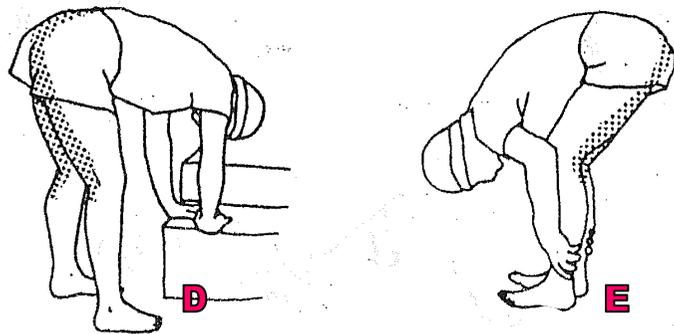
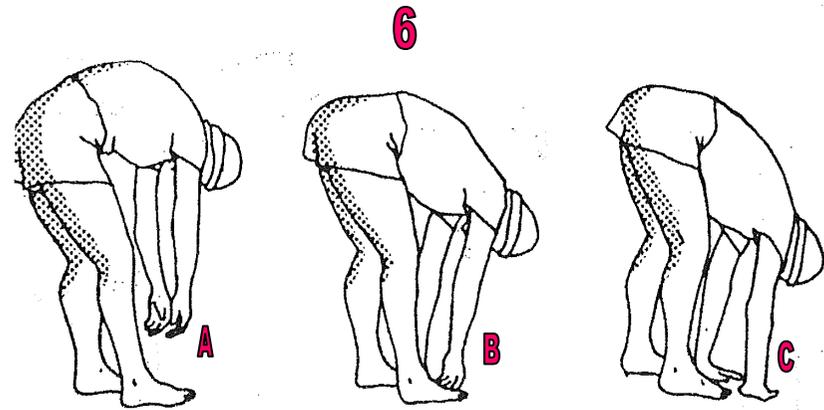
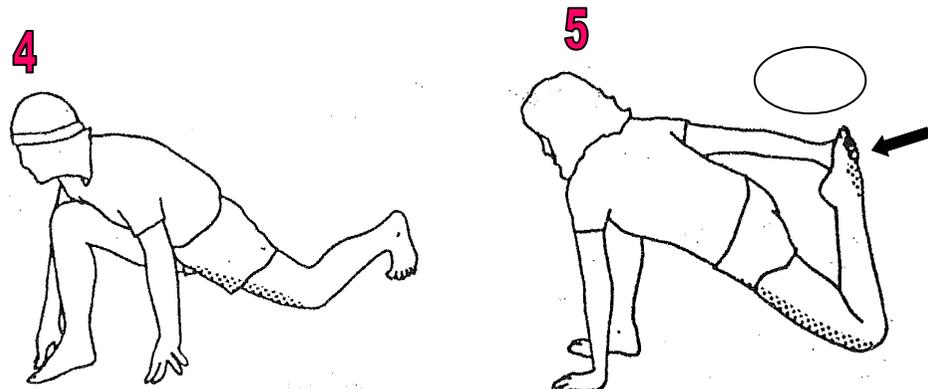
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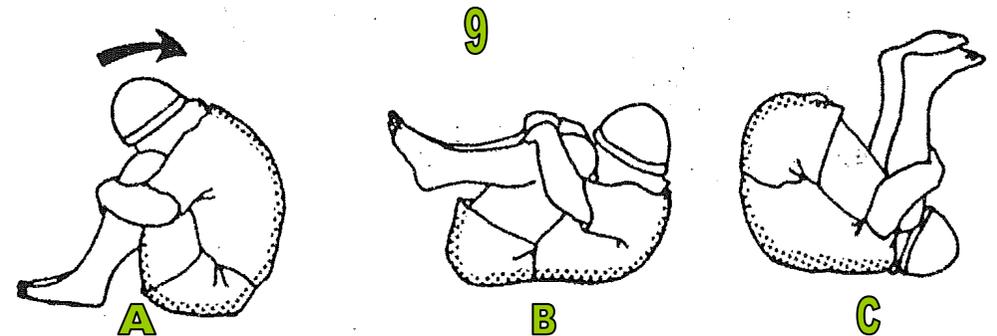
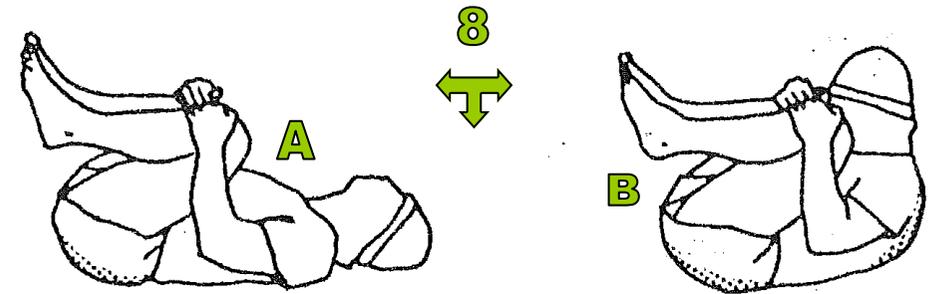
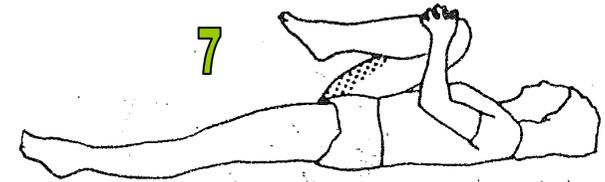


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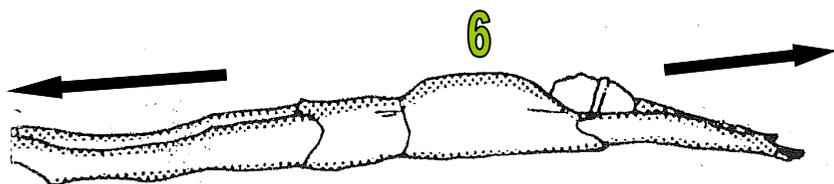
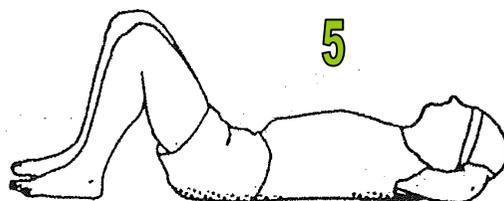
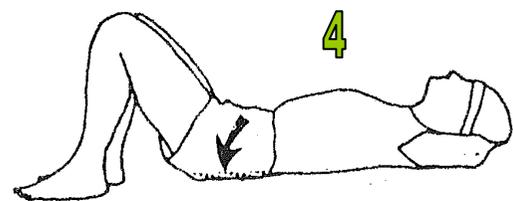
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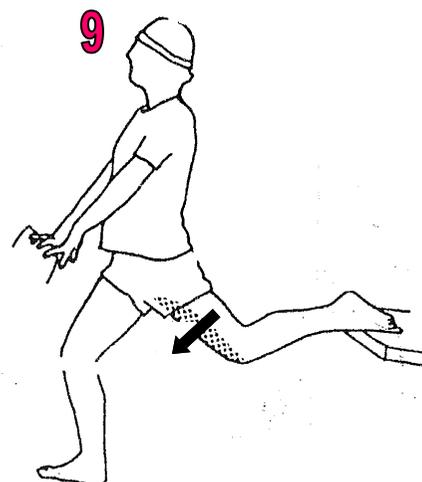
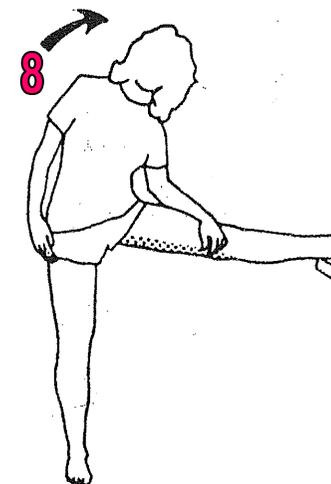
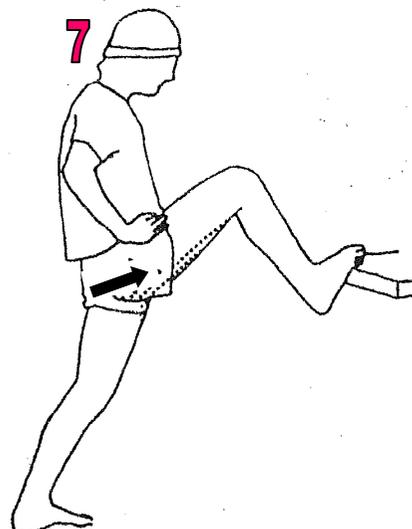
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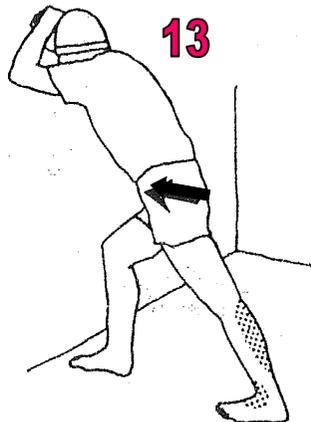
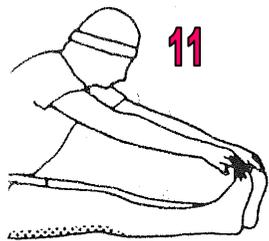
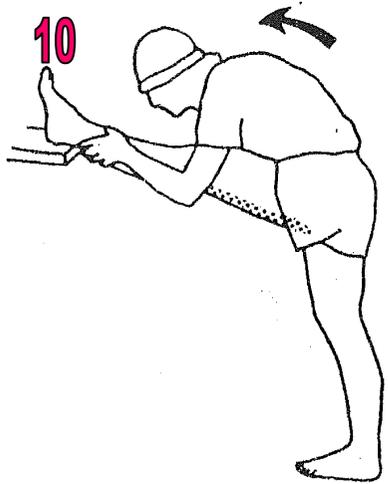
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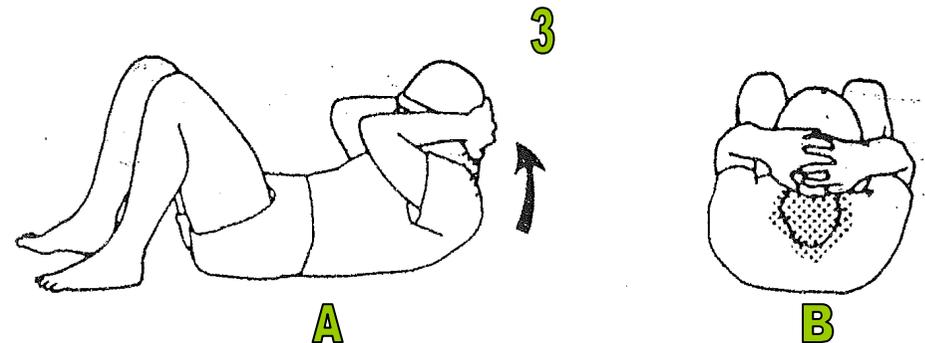
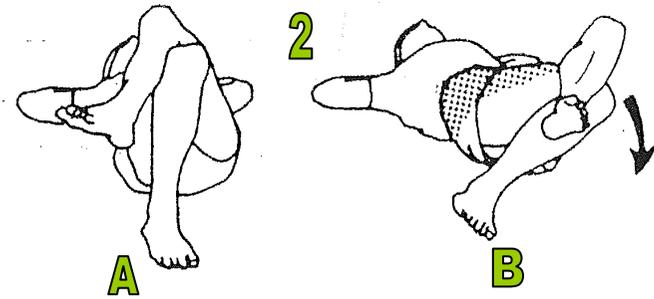
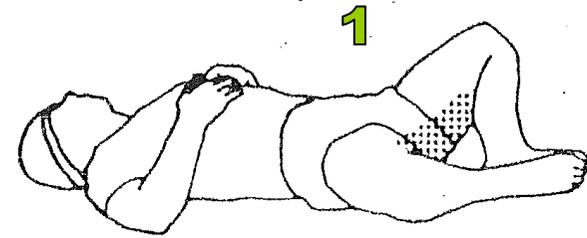
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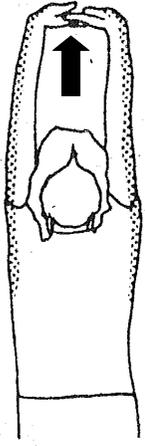
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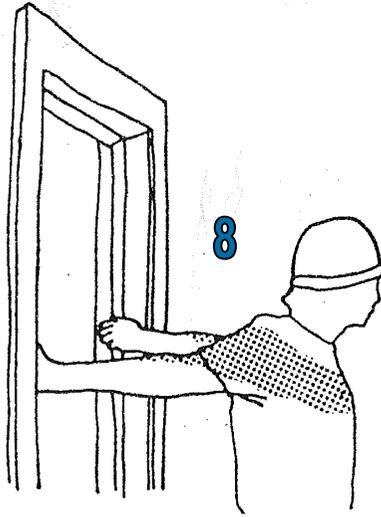
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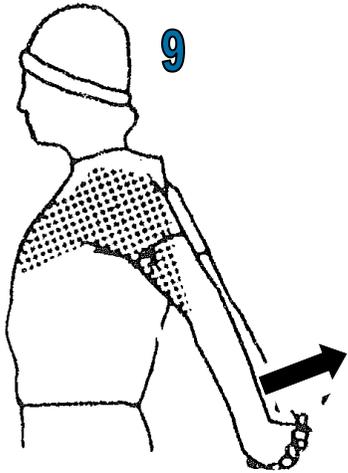
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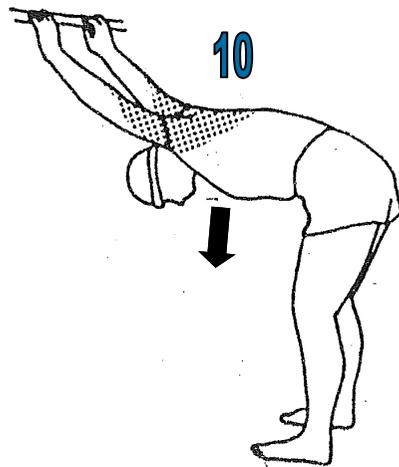
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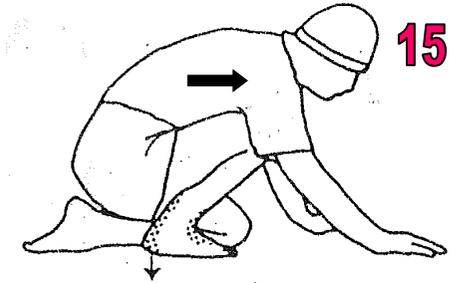
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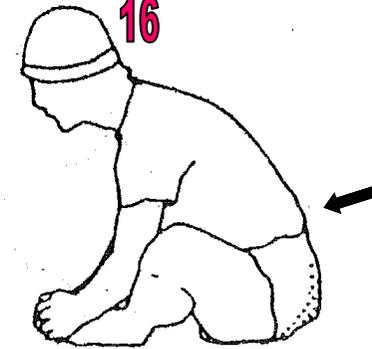
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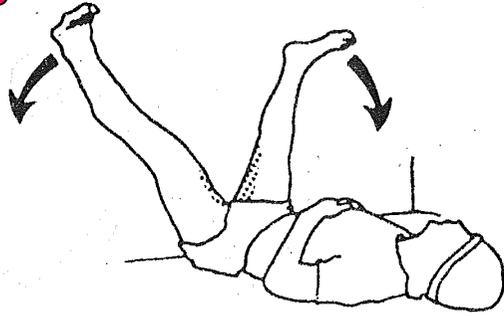


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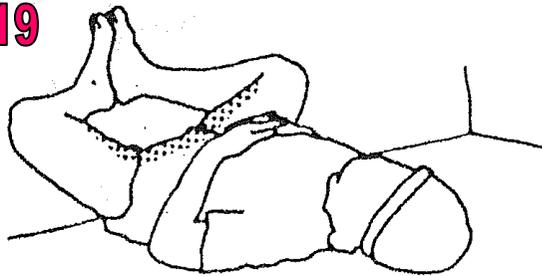
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## JAMBES-PIEDS

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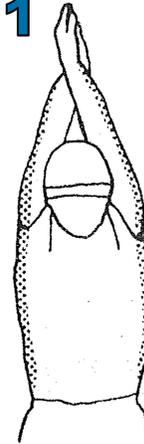
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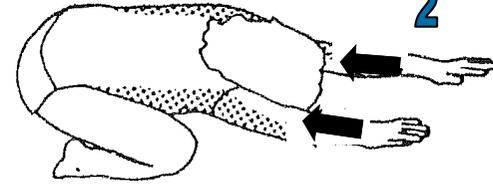
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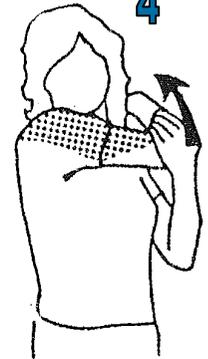
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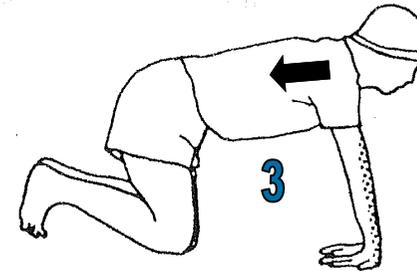
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