

NECK - AROM, Extensors / Flexors / Side Benders

Sit, back straight, head in comfortable, centered position. Slowly roll head in a full circle, pausing at 3, 6, 9, and 12 o'clock as pictured. Repeat in opposite direction.

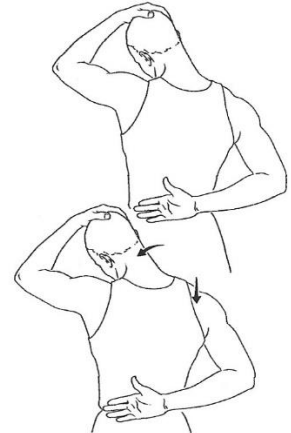


Repeat 2-3 times.

NECK / UPPER TRAPEZIUS - "Deodorant Check"

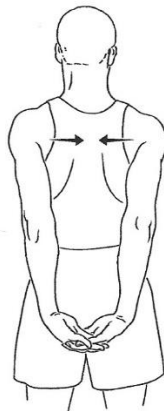
Stand or sit, one hand over top of head, other hand against low back. Turn chin toward pulling side underarm. Increase stretch by gently pulling head towards underarm. Hold 10-15 seconds.

Repeat opposite side.



CHEST - Pectoral Stretch With Shoulder Blade Squeeze

Stand, hands clasped behind back. Squeeze shoulder blades. Move only shoulder blades. Keep hands close to body. Do not shrug shoulders. Hold 10-15 seconds.

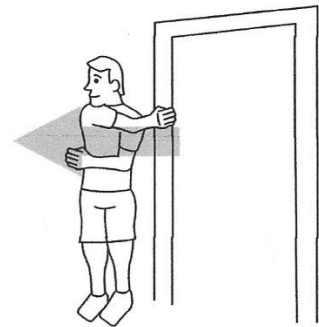


Repeat 2-3 times.

UPPER BACK / POSTERIOR SHOULDER

Grasp doorjamb or other solid object. Turn so that grasping arm is across body. Gently lean or pull away from fixed hand until a stretch is felt behind shoulder and into back. Hold 10-20 seconds. Raise and/or lower hand as needed to target tightness and repeat.

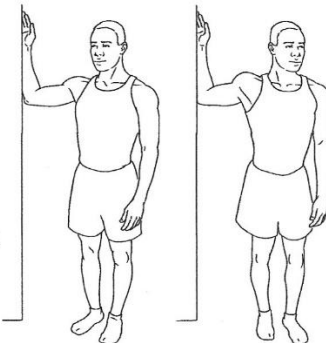
Repeat opposite side.



SHOULDER / CHEST - Pectoral, Biceps, Shoulder Stretch

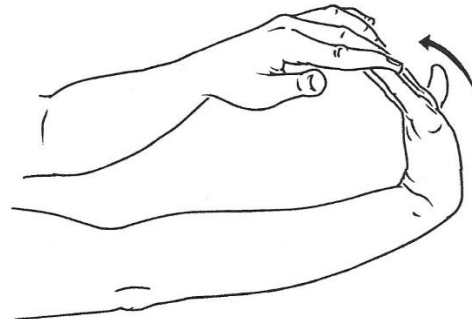
Stand, palm against door frame or solid object with elbow bent or straight. Turn body away from fixed hand feeling a stretch in the biceps, shoulder and across the chest. Hold 10-15 seconds. Raise and/or lower hand 6"-12" and repeat.

Repeat opposite side.



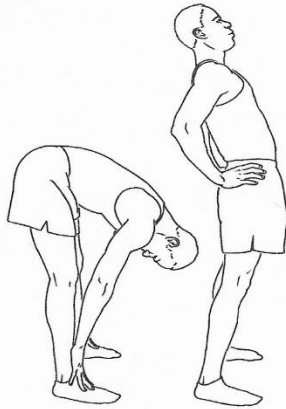
HAND / FINGER / WRIST - Wrist Flexors

Elbow straight, palm down. Grasp fingers with other hand and slowly bend wrist up, feeling stretch on bottom of forearm, into wrist and hand. Hold 10-15 seconds.



LOW BACK - Standing
With Forward / Backward Bend

Stand, feet shoulder-width apart. Try to touch toes. Slowly roll up to stand straight. Once straight, place hands on small of back and gently arch back. Hold each position 10-20 seconds.



LOW BACK - Sitting



Sit in chair with knees spread apart. Bend forward toward floor. Comfortable stretch should be felt in lower back. Hold 20 seconds. To return, put hands on knees and press up.

HIP / GLUTEALS

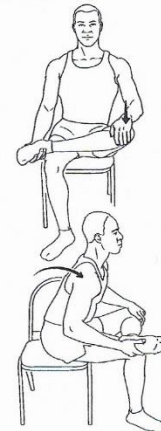
Back straight, ankle crossed over opposite thigh. Grasping bent knee in both hands, gently rotate opposite shoulder toward top knee and pull knee toward shoulder. Hold 10-20 seconds.



Repeat opposite side.

HIP / GLUTEALS - "Seated Figure Four"

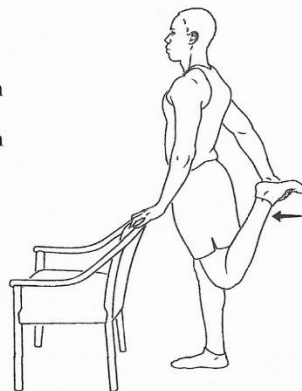
One ankle on opposite knee, same-side hand on crossed knee. Gently press down on knee, keeping spine straight. Lean torso forward, with flat back, until tension is felt in hamstrings and gluteals of crossed-leg side. Hold 10-20 seconds.



Repeat opposite side.

HIP FLEXORS / QUADS - Standing

Stand, holding onto chair and grasping one foot with other-side hand. Pull heel toward buttock until stretch is felt in front of thigh. Hold 20 seconds.



If unable to grasp foot, a towel or belt can be wrapped around foot to increase reach.

HAMSTRING - Standing

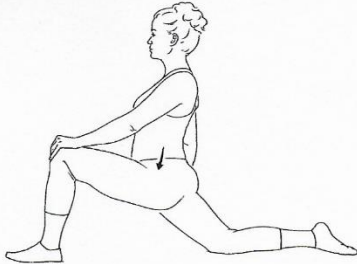
Stand, one heel on chair/stool, leg straight, standing leg slightly bent. Slowly lean forward, keeping back straight. Hold 30 seconds.



Repeat opposite side.

Can also be completed while seated.

HIP FLEXORS / QUADS - Lunge



Kneel in deep lunge, behind leg on floor. Lower pelvis slowly while slightly arching back until stretch is felt on front of hip.
Important to keep the torso upright or slightly arched to have an effective stretch. Hold 20-30 seconds.

HAMSTRING - Sitting: Unilateral

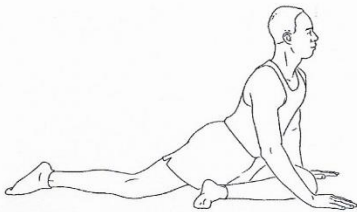
Sit, one leg straight with towel or belt around foot, other leg bent with foot tucked into inner thigh or hanging off the edge of a bed/couch.
Keeping back straight, pull torso down toward knee.
Hold 20-30 seconds.



Repeat opposite side.

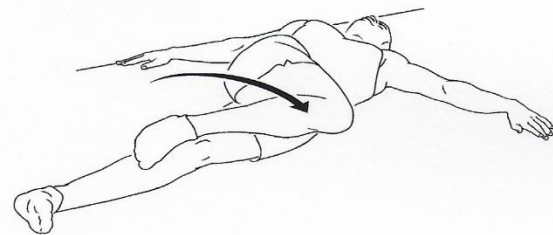
Repeat 2-3 times per session.

POSTERIOR HIP - Piriformis Stretch, Kneeling Pigeon Pose



From hands and knees, cross ankle in front of opposite knee, slide other leg straight backward. Resting weight on outside of bent leg, push up torso with arms. Stretch should be felt in posterior hip (gluteals) of bent leg.
For increased stretch, push bent knee out to the side or lower torso towards floor and rest on elbows.
Hold 30-60 seconds.

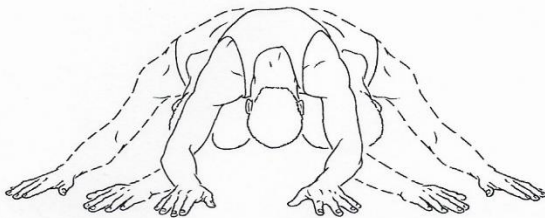
LOW BACK - Supine With Rotation



Lie on back with one knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back area.
Hold 20-30 seconds. Repeat to other side.

Repeat 2-3 times per session.

UPPER-MID BACK - Kneeling With Rotation - "Child's Pose with Rotation"



Sit on heels. Press chest toward floor with arms reaching forward. Rotate to each side as far as possible, keeping chest low toward floor. Hold each position 20-30 seconds.

Repeat 2 times per session.

CALVES / HEELS / FEET - Plantar Fascia, Standing

Stand on stairs or curb. With leg straight, lower heel. Hold 10-20 seconds. Repeat with knee slightly bent.

Repeat opposite side.

