



Side Neck Stretch

While reaching behind back with other hand, tilt head away until a gentle stretch is felt.

*Hold 10 seconds
Repeat 1-2 times, both sides
Do 3 times daily*



Towel Stretch for Internal Rotation (*Towel is optional*)

Reach involved arm behind back until stretch felt in front shoulder.

*Hold 15 seconds
Repeat 1-2 repetitions/set
Do 3 sessions daily*



Pectorals Wall

Stand level with a doorway or wall and raise one arm as if to wave. Place forearm along door jam placing elbow approximately at shoulder height. Step one foot forward (keeping feet shoulder width apart), bend front knee. Gently lean chest straight forward to feel a stretch in the front of the chest

*Hold 15 seconds
2 repetitions
Do 2 times daily*



Cross Body Stretch

Keeping shoulders square reach one arm in front and across body and grasp forearm with opposite hand. Gently pull forward on forearm and take a deep breath in to feel a stretch in the back of the shoulder joint.

*Hold 15 seconds
1-2 repetitions
Do 2-3 times daily*



Wrist Flexors Elbow Extended

With arm straight out in front, palm is up to ceiling, grasp fingers with opposite hand and gently bend wrist back.

*Hold 10 seconds
1-2 repetitions
Do 2-3 times daily*



Wrist Extensors Elbow Extended

With arm straight out in front, fingers pointed down to floor, grasp palm with opposite hand and gently bend wrist down as far as comfortable.

*Hold 10 seconds
1-2 repetitions
Do 2-3 times daily*



Glute

Sitting tall feet flat on floor, cross one foot over the opposite leg. Hug bent knee towards opposite shoulder.

*Hold 15 seconds
1-2 repetitions
Do 2-3 times daily*



Hamstrings Standing

Stand facing square to a chair, feet shoulder width apart, place heel of one foot up on chair, keeping knee straight and toes pulled back. Slightly bend knee of supporting leg and direct buttocks backwards to feel a stretch in the back of the thigh.

*Hold 15 seconds
1-2 repetitions
Do 2-3 times daily*



Gastrocs Wall

Standing in a lunge position and supporting upper body against wall, keeping back foot heel on floor and knee straight, bend front knee. Shift body weight forward through pelvis to feel a stretch in the upper calf area

*Hold 15 seconds
1-2 repetitions
Do 2-3 times daily*