



### STANDING CALF STRETCH

Start by standing in front of a wall or other sturdy object. Step forward with one foot and keep your toes pointing forward. Point the toes of the back leg inward. Keep the knee on the back leg straight. Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt in the calf of the leg that is mostly behind you. Move closer or further away from the wall to control the stretch of the back leg. Also, you can adjust the bend of the front knee to control the stretch as well.

Hold 2 minutes and then repeat on opposite side.



### SEATED BACK STRETCH

Start in a seated position with legs crossed and then bend forward and place your hands on the floor. Walk your hands forward until you feel a gentle stretch along your back.

Hold 2 minutes.



### SEATED CROSS LEGGED SIDE BEND

Sit cross legged as shown. Next, raise your arm over head and to the side while bending your trunk sideways until a gentle stretch is felt along the side of your low back.

Hold 2 minutes and then repeat on opposite side.



### BUTTERFLY STRETCH

While in a sitting position, bend your knees and place the bottom of your feet together with your heels as close to your body as possible. Next, slowly let your knees lower toward the floor and lean forward until a stretch is felt at your groin. You might also feel a stretch in your lower back.

Hold 2 minutes.



### WINDSHIELD WIPERS

Lie on your back with knees bent. Next, straighten one knee and lift the legs up in the air to approximately 90 degrees hip flexion position. Then, lift up the other leg. While holding your legs up, rotate at the spine to allow your legs to lower to the side. You should feel a gentle stretch in your low and mid back. Then return legs to straight up position.

Hold 2 minutes then repeat on the opposite side.



### HIP ROTATION

Start by laying on your back with your arms straight out to the side. Turn the left palm to face down and the right palm to face up. Take the right foot and place it over the left knee and rotate hips to the left while keeping your shoulders in contact with the ground. You may feel a stretch in several different places including hip, chest(pecs), low back, upper back and arms. All are appropriate and therapeutic.

Hold 2 minutes and then repeat on opposite side.



### SUPINE BRIDGES

Start by laying on your back with your knees bent and feet flat on the ground. Then squeeze your glutes and abdominal muscles and gently lift your bottom from the ground.

Hold 2 minutes.



### HERO POSE

Begin in a kneeling position with both knees on the ground about 6 inches apart and your feet 12 inches apart. Slowly recline back in the attempt to lay back on your back. It is ok to use your hands or elbows to aid this movement. Go as far back as is comfortable. You should feel a stretch along the front of your thighs.

Hold 2 minutes.



### LUNGE STRETCH

Start by standing with feet shoulder width apart. You may hold on to a chair if you struggle with your balance. Next, take a step forward and slightly out to the side and allow your front knee to bend. Your back knee may bend as well and even may touch the ground. Keep your pelvis level and straight forward the entire time. Lean your upper body back until you feel a stretch in the front of your thigh on the leg that is behind you. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Hold 2 minutes and then repeat on the opposite side.



### LUNGE WITH SIDE BEND

Standing with feet hip width apart, lightly lunge forward as you raise your arms overhead. You may hold on to a chair if you struggle with your balance. Hold lunge position with arms overhead, gently stretch arms to each side.

Hold 2 minutes and then repeat on the opposite side with the opposite foot forward for lunge.



### GROIN LUNGE

Keeping your feet pointed forward, lunge sideways to one side until you feel a stretch in the inside of your leg and groin on the opposite side.

Hold 2 minutes and repeat on the opposite side.



### FROG SQUAT

Starting in a standing position with feet spread just past shoulder width apart, squat low as if trying to reach buttocks towards the floor. Try to keep your heels on the floor and then lean forward. You may feel a stretch in any area of your back and lower body.

Hold 2 minutes.



### STANDING HAMSTRING STRETCH

Stand with your feet approximately shoulder width apart and reach down towards your toes. As you bend forward think about moving through each segment of your spine and letting your low back round. You should feel a stretch in the backs of both thighs/legs. You may even feel a stretch in the glutes, calves, and low back. All are appropriate and therapeutic.

Hold 2 minutes.



### HAMSTRING GROIN STRETCH

Start by standing and propping the foot of one leg on a chair or a step in front of you. Next rotate your hips toward the opposite side away from the propped leg. Next, slowly lean forward until a stretch is felt behind your knee/thigh and groin. Bend through your hips and not your spine.

Hold 2 minutes then repeat on opposite side.

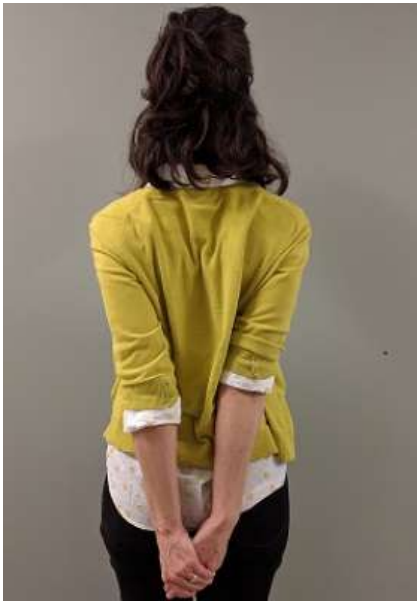




### ACTIVE STANDING SIDE BENDING STRETCH

Keep both feet flat on the floor and both knees straight while bending to the left. Reaching over head with right hand and down with left hand toward the floor.

Hold 2 minutes and then repeat on the opposite side.



### ANTERIOR SHOULDER CHEST STRETCH

While standing, clasp/grasp/lace your fingers/hands behind your back with your arms as straight as possible. If this is not attainable, then you can hold onto each end of a hand towel. Lift the hands up and back behind you until you feel a stretch in the front of your shoulders/chest.

Hold 2 minutes.



### ACTIVE PEC STRETCH

With the shoulders down, extend the arms and hands behind you. Squeeze the shoulders together and press the sternum forward. Lift the head slightly. You should feel the stretch in the front of the chest/front of the shoulders.

Hold 2 minutes.



### POSTERIOR SHOULDER STRETCH

Start by placing one hand on the back of the opposite shoulder. Gently push the arm crossing your body with your free hand until a stretch is felt in the shoulder of the crossed over arm.

Hold 2 minutes and then repeat on the opposite side.



### AIR ANGELS

Start with your arms up at 90 degrees and palms up toward the ceiling. Bring the hands back while keeping your elbows at 90 degrees and reach back and up towards the ceiling. Continue to rotate your arms back as you reach back. Squeeze your shoulder blades. You should feel a stretch in your shoulders and upper back.

Hold 2 minutes.



### PRAYER STRETCH

Place the palms of your hands together with your fingers pointed upwards. Then lower your hands in front of your chest as shown to stretch your wrists. Try to keep your palms together to facilitate a stretch in the forearms.

Hold 2 minutes.



### FOREARM EXTENSION STRETCH

While standing, put your arms down to each side, locking your elbows. Curl up your fingers and wrists and stretch your arms back until you feel a gentle stretch.

Hold 2 minutes.



### NECK EXTENSION STRETCH

While standing or sitting, gently extend the neck back until you feel a stretch. You may feel this stretch anywhere in the front or back of your neck, chest, or shoulders.

Hold 2 minutes.





### NECK SIDE BEND STRETCH

While sitting upright in a chair, slightly tuck your chin, then lower left ear towards your left shoulder. You could feel a stretch anywhere on the side of your neck, chest, back or shoulders.

Hold for 2 minutes and then repeat on opposite side.



### NECK ROTATION STRETCH

Tilt your head to the side, then rotate head to look at the same shoulder, then tuck your chin. You should feel a gentle stretch at the side/back of your neck.

Hold for 2 minutes and then repeat on opposite side.