



### 1.) Horizontal Shoulder Adduction Stretch

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume an upright standing position. Flex one arm to shoulder height with your palm down. Reach under with the opposing hand, grasp your elbow, and pull your straight arm across your chest until you feel a stretch behind your shoulder and in your upper back. Hold 30 (s) at end range; then slowly release the stretch.



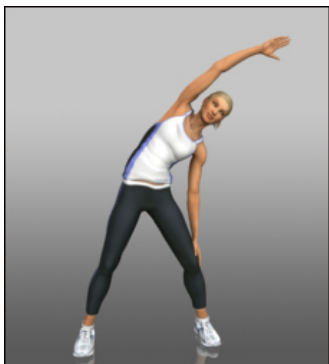
### 2.) Upper Trap Stretch

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume upright posture with neutral cervical spine. Reach behind back and grasp your wrist with your opposing hand. Apply force pulling shoulder down while side-bending and slightly flexing your head away. Hold 30 (s); then slowly release stretch.



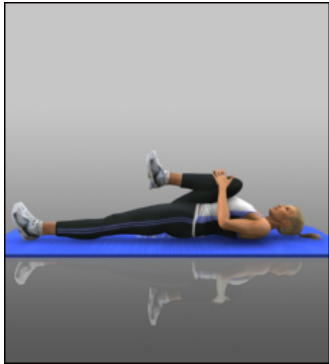
### 3.) Standing Lateral Trunk/Oblique Stretch

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a standing position with your feet slightly wider than shoulder width. Raise one arm overhead and side-bend towards the opposite side without forward bending. Hold 30 (s) at end range, then slowly release stretch.



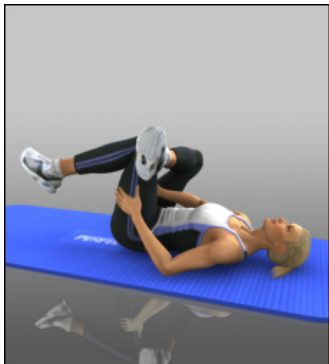
### 4.) Single Knee to Chest

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with your legs straight. Pull a single knee to your chest. Hold 30 (s) at end range; then slowly release the stretch.



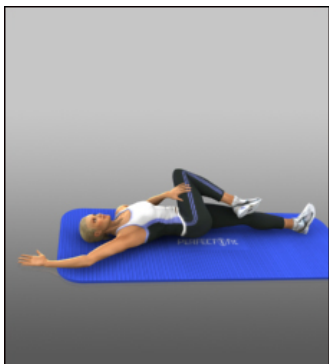
### 5.) Supine Piriformis III

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with one knee bent up with your foot on the floor. Bring your other leg up and position the outside of your ankle on your lower thigh just above your knee. Grasp the thigh of the leg that remains on the floor and pull it towards your chest until a gentle stretch is felt in your opposite hip. Hold 30 (s) at end range; then slowly release stretch.



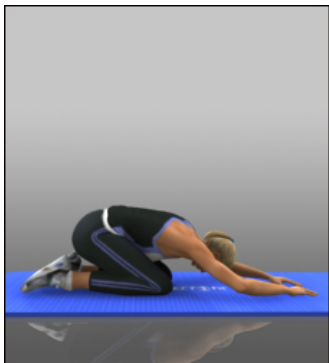
### 6.) Single Leg Trunk Rotation

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Lie on your back with a single knee bent and the other straight. Reach overhead with one hand and pull the single knee across the straight leg toward the floor using the opposing hand. Apply overpressure with this hand to push your leg closer to the floor. Hold 30 (s) at end range; then slowly release stretch.



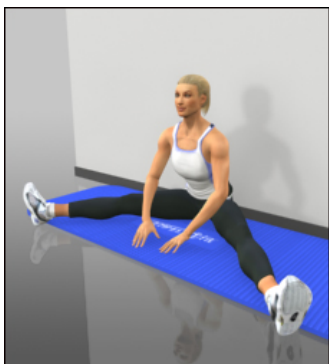
### 7.) Lumbar Flexion (Kneeling)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a kneeling position. Bend forward and reach arms as far forward as possible by sliding hands on floor; sit back on heels. Hold 30 (s) at end range; then slowly release stretch.



### 8.) Hip Adductor Stretch (Long Sitting)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

**INSTRUCTIONS:** Assume a long-sitting position with your back against a wall. Progress your legs out to the sides while ensuring that your toes continue to face the ceiling. Use your arms to assist. Progress your chest forward with your head up to increase the stretch intensity. You should feel it on the inside of your thigh/groin. Hold 30 (s) at end range; then slowly release stretch.