



1.) Cervical Side-Bending

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Assume an upright posture with neutral cervical spine. Position one arm behind back. Place free hand on opposite side of head. Pull head laterally bringing ear to shoulder. Hold 30 (s) at end range; then slowly release 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.) 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.



4.) Latissimus Dorsi/Triceps Lateral Flexion Stretch

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Assume a standing position with your elbow bent straight above your head. Grasp onto your elbow with your opposing hand and pull it behind your head until a stretch is felt in your triceps. Side-bend your trunk in the direction that you are pulling your elbow. Hold 30 (s) at end range; then slowly release the stretch.



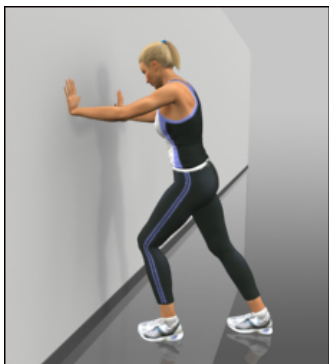
5.) Chest Stretch (Hands Behind Head)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Assume a standing or back-lying position. Clasp your hands behind your head and slowly move your elbows back until a stretch is felt in your chest. Hold 30 (s) at end range; then slowly release the stretch.



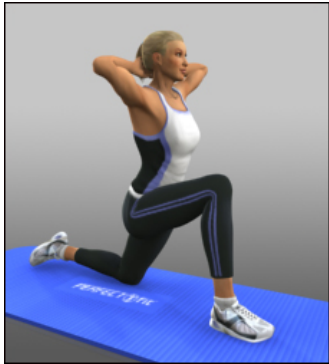
6.) Gastroc Stretch (Single Leg)

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Assume a standing position facing a wall with both hands positioned on the wall. Take a large step backwards with one foot, keep your knee straight and position your heel on the floor. Make sure your toes of this leg are positioned straight towards the wall. Slowly move your chest forward and widen the distance between your front and back leg if need be to feel a stretch on the back of your ankle and lower leg. Hold 30 (s) at end range; then slowly release the stretch.



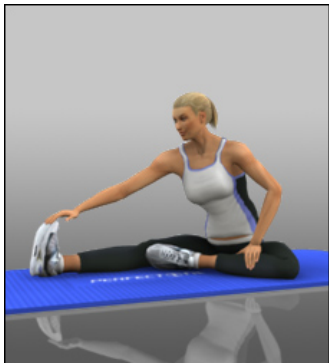
7.) Half Kneeling Hip Flexor

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Assume a half kneeling position with your hands clasp behind your head. Position your leading foot far enough forward so your knee does not cross your toes as you slide forward. Maintain upright trunk and slide forward until you feel a stretch on the front of your hip and thigh of the leg behind. Hold 30 (s) at end range; then slowly release the stretch.



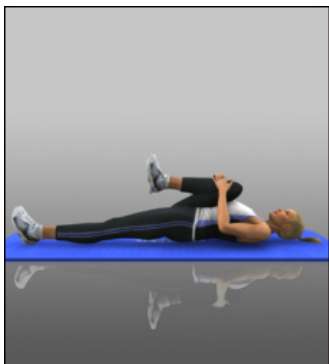
8.) Runners Hamstring Stretch

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Assume a seated position on the floor; then straighten your knee. Pull your toes/foot towards your chin. Maintaining an upright trunk, slowly lean forward to intensify the stretch. You should feel a gentle stretch on the back of your thigh, knee, lower leg, and ankle muscles. Hold 30 (s) at end range; then slowly release stretch.



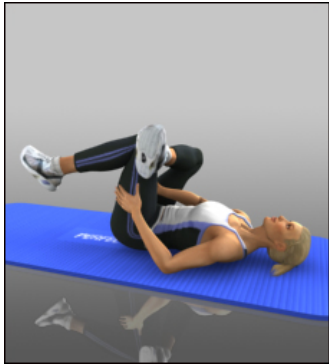
9.) Single Knee to Chest

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.



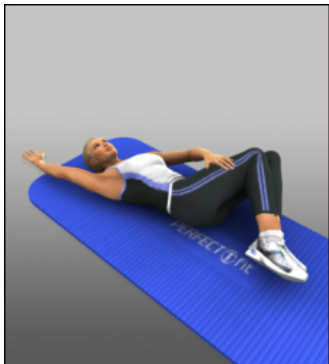
10.) Supine Piriformis III

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.



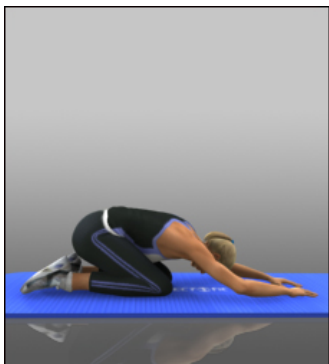
11.) Double Leg Trunk Rotation

Repeat 1 Time(s)

Hold 30 Seconds

Perform 1 Time(s) a Day

INSTRUCTIONS: Lie on your back with both knees bent and both feet on floor. Reach overhead with one hand and rotate both knees in the opposite direction toward the floor. Apply overpressure with your hand to push legs closer to floor. Hold 30 (s) at end range; then slowly release the stretch.



12.) 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.