

Sitting ankle back stretch



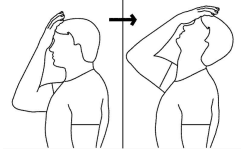
- Sit in chair.
- Place top of involved foot down as shown.
- Slowly sit forward in chair, pushing down on foot until stretch is felt.
- Relax and repeat.

Sitting neck backbend stretch



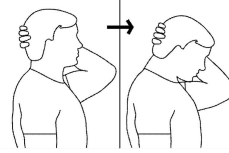
- Sit in chair with good back support.
- Sit with proper posture.
- Slowly bend neck backward stretching the muscles on the front part of neck.
- Hold and return to start position.
- Repeat.

Backward neck stretch



- Place palm against forehead.
- Gently push head backwards, as shown.

Forward neck stretch



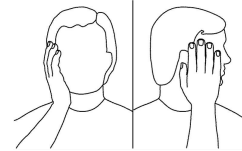
- Place hand on back of head.
- Gently push chin to chest.

Sitting chin tuck extend stretch



- Sit in chair with good back support.
- Maintain proper posture.
- Tuck chin in.
- Bend neck back, keeping the chin tuck.
- Return to start position and repeat.

Turning neck stretch



- Place right palm against right jaw.
- Gently rotate head to left as shown.
- Repeat with left hand in left direction.

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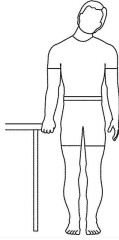
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Table neck sidebend

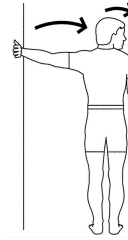


- Stand with right arm holding on to secure object such as table.
- Bend head sideways to left gently stretching muscles on right side of neck.
- Repeat to other side.

Special Instructions:

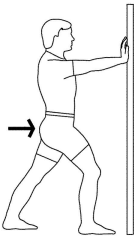
Keep shoulder down on the side of the arm holding table.

Plexus stretch



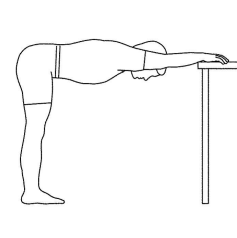
- Stand with left arm on wall, hand backward as shown.
- Slowly turn body outward until as stretch is felt across chest.
- Slowly turn neck to right until a stretch is felt down the front of arm.

Runner stretch



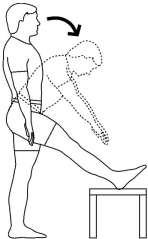
- Stand facing wall, hands on wall.
- Step forward with foot of uninvolved leg, leaning hips toward wall.
- Keep rear leg straight with heel on floor.

Bent 90 ham stretch



- Stand in front of table with feet shoulder distance apart.
- Place hands on table.
- Bend at hips and tighten the muscles in fronts of thighs, keeping the knees straight.
- Keep low back straight.

Standing hamstring stretch

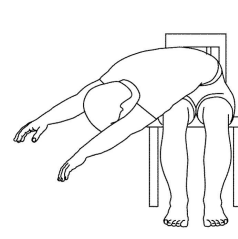


- Stand with heel propped on low table, knee straight, as shown.
- Gently and slowly lean forward at waist.
- Repeat with other leg.

Special Instructions:

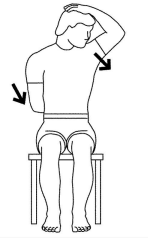
Keep the knee straight.

Sitting side stretch



- Sit in chair to stabilize your hips.
- Lean forward, arms hanging down.
- Keeping shoulders level, move shoulders to right until stretch is felt on side.
- Repeat to left.

Levator stretch

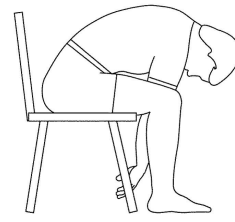


- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

Special Instructions:

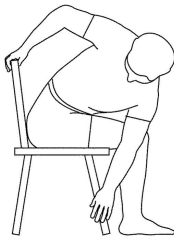
The stretch can be increased by moving the shoulder of the arm behind the back downward.

Sitting back stretch



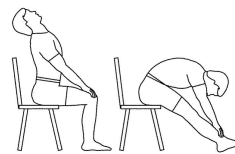
- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Sitting forward trunk twist stretch



- Sit in chair with knees close together.
- Bend forward and reach to outside of right leg with left arm.
- Hold, return to start position, and repeat to other side.

Sitting cat



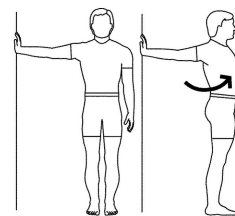
- Perform while sitting.
- Arch back, tilt chin up.
- Lean forward, stretching arms to feet, rounding back.

Seated pretzel stretch



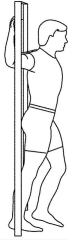
- Perform while sitting.
- Cross right leg over left leg.
- Place right arm against inside of right leg.
- Place left hand in small of back.
- Take deep breath, lift chest up and turn torso to left and exhale.
- Repeat with opposite side.

Side Pectoral stretch



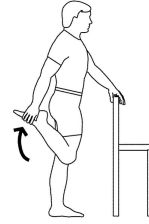
- Stand with arm on doorway as shown.
- Gently turn away, keeping back straight.
- Return to start position and repeat.
- Repeat with other arm.

Door Pec stretch



- Stand at doorway with forearms on door frame, elbows bent to 90 degrees.
- Keep back straight and step forward with one leg until a gentle stretch is felt across chest and in front of shoulders.

Standing Quad stretch

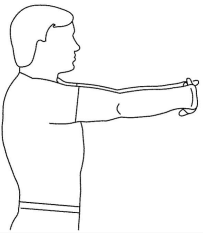


- Stand on uninvolved leg, using table or chair for balance.
- Bend knee of involved leg.
- Grasp with hand and gently pull up toward buttocks.
- Hold and repeat.

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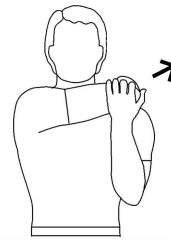
Keep thigh straight in line with body, do not bend at hip.

Front Rhomboid stretch



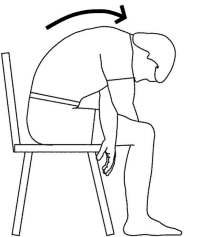
- Interlock fingers of both hands.
- Straighten arms in front, palms facing outward.
- Hold and repeat.

Rhomboid stretch



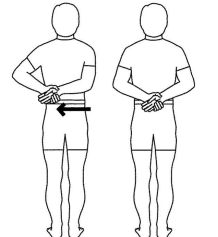
- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Sitting Rhomboid stretch



- Sit in chair.
- Cross arms over abdomen.
- Slowly bend neck down.
- Slowly lean forward, keeping elbows straight and reach to floor.
- Hold and repeat.

Serratus stretch



- Reach behind back and hold hands together.
- Pull involved side across back at waist level.
- Relax and repeat.

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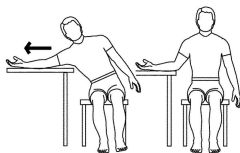
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Side shoulder table stretch

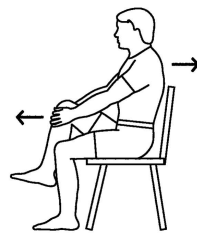


- Sit with side next to table.
- Place forearm on table, palm up as shown.
- Gently side bend at waist, moving hips away from table.

Special Instructions:

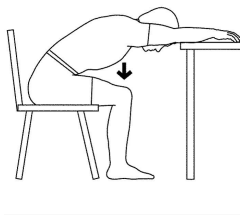
Do not force past comfort range. Do not bounce at end.

Shoulder joint stretch



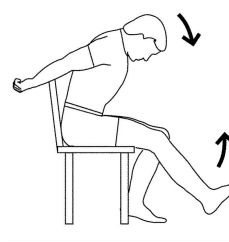
- Sit in chair.
- Clasp hands together in front of one of your knees.
- Gently lean back while pushing knee forward until a gentle pull is felt in the shoulder joints.

Sitting forward shoulder stretch



- Sit at table.
- Place arm on table, elbow straight.
- Slowly bend trunk downward.
- You should feel a stretch at the shoulder.

Tspine dural stretch



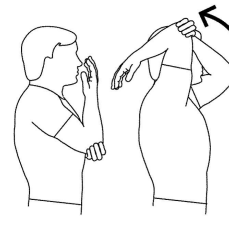
- Sit in chair.
- Place arms behind back as shown.
- Let back slump down.
- Bend neck downward.
- Slowly extend one knee until a stretch is felt.
- Hold, relax, and repeat.

SCM stretch



- Sit in chair.
- Hold chair with right hand and use left hand to support head.
- Bend neck forward, side bend to left, and turn head to right.
- Lean body to left and slightly forward.
- Hold and repeat.
- Repeat stretch on other side.

Triceps stretch



- Begin with arm at side.
- Bend elbow of involved arm.
- With other arm, slowly lift arm overhead, keeping elbow bent.
- Relax and repeat.

Sitting trunk twist stretch

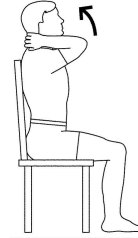


- Sit in chair.
- Turns toward back of chair.
- Grasp chair and gently pull trunk further.
- Hold, and return to start position and repeat.

Special Instructions:

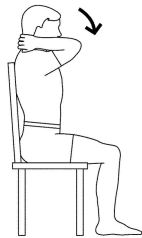
Maintain a normal breathing rate.

Sitting upper neck back bend



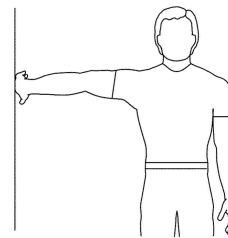
- Sit in chair with good back support.
- Maintain proper posture.
- Interlace fingers behind neck.
- Bend neck backward no allowing lower neck to move or bend.
- Return to start position and repeat.

Sitting upper neck forward stretch



- Sit in chair with good back support.
- Maintain proper posture.
- Interlace fingers behind neck.
- Bend neck forward not allowing lower neck to move or bend.
- Return to start position and repeat.

Wall wrist stretch

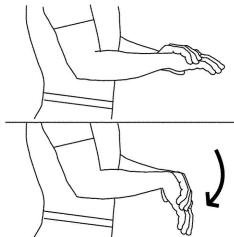


- With the arm turned inward, place the back of hand on the wall.
- Slowly stretch top of wrist by holding in place.
- Relax and repeat.

Special Instructions:

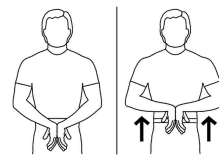
Keep elbow straight, and thumb down.

Bent arm downward wrist stretch



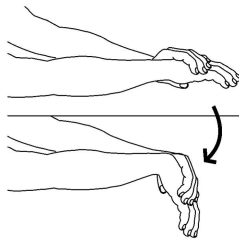
- Begin with elbow bent.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Reverse prayer stretch



- Begin backs of hands together in front of body at hip level.
- Slowly bring arms upward.

Forward wrist stretch



- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Overhead wrist stretch



- Interlock fingers of both hands together.
- Raise arms overhead, palms upward.
- Hold and repeat.

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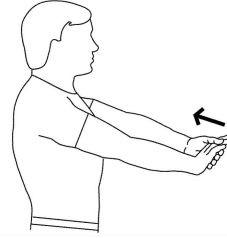
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Prayer stretch



- Place palms together over head.
- Keep palms together and move hands downward as far as possible.

Straight arm wrist pull back stretch



- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull back hand gently, as shown.

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