



## Neck Stretch

Start standing beside something you can anchor your hand to. Next are three separate steps: 1) lean head directly sideways ear to shoulder. 2) Bring chin to chest without rotating. 3) Next are two options, either rotate so you're looking down at the ground or up at the ceiling.



## PARALLEL ARM SHOULDER STRETCH

Stand with feet shoulder-width apart. Have the arm that you are actively stretching come across the front of your body and parallel to the ground.

Have the opposite arm assist in the stretch by placing it perpendicularly to the active arm to form a cross where they meet. Use the assisting arm to pull your actively stretching arm's elbow to your body.

### TARGETED MUSCLE GROUPS:

Trapezius, posterior deltoid, Latissimus dorsi

Repeat 1 Time

Hold 15 Seconds

Complete 2 Sets

Perform 1 Times a Day



### DOORWAY STRETCH

While standing in a doorway, place your arms up on the door jam and place one foot forward through the doorway as shown. Next, bend the front knee until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be horizontal to the ground and forearms should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway. Video # VVXV7ZRP4

Repeat 1 Time  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### STAGGERED STAGE - LATERAL TRUNK STRETCH

Step forward with one leg and hold this position.

Next, raise up your arm over head and side bend to the side until a stretch is felt along the side of your body.

Repeat 1 Time  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### STANDING EXTENSIONS

Start by standing and place your hands on your hips with your thumbs grasping your low back. Lean back to arch your back then return to starting position. Use your thumbs to help isolate where you want to bend. Video # VVZPJ4DMR

Repeat 1 Time  
Complete 1 Set

Perform 1 Times a Day



### Hip Flexor Stretch

Place one foot in front of the other, with the stretching leg in the back. Slightly lunge onto the front foot until a stretch is felt in the front of your hip/thigh of the back leg.

Repeat 3 Times

Hold 30 Seconds

Perform 1 Times a Day



### Calf Stretch

Standing with one foot in back with knee straight and heel down. Lean forward until stretch is felt in calf.



### SEATED HAMSTRING STRETCH

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.  
Video # VVGZ8RSZ

Repeat 1 Time

Hold 1 Second

Complete 1 Set

Perform 1 Times a Day