

COMMENTS:

It is recommended to consult your physician or physical/occupational therapist prior to attempting these exercises to ensure that any underlying health conditions are not worsened.

Breathe. No not Bounce. No pain! Feel the stretch. Relax.

1



PRAYER STRETCH - WRIST

Place hands together to stretch the wrist as shown.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

2



WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

3



SHOULDER ROLLS

Move your shoulders in a circular pattern as shown so that you are moving in an up, back and down direction. Perform small circles if needed for comfort.

Repeat 10 Times
Hold 1 Second
Complete 1 Set
Perform 2 Time(s) a Day

4



NECK SIDE BEND

Tilt your head towards the side, then return back to looking straight ahead. (Be sure to keep your eyes and nose pointed straight ahead the entire time)

Repeat opposite side.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

5



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders.

Repeat 5 Times
Hold 5 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

6



STANDING EXTENSIONS

While standing, place your hands on your hips and lean back to arch your back.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

7



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.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

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

8



LAT STRETCH

Start in an upright position and arms over head.

Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward as well to feel a stretch.

Repeat opposite side.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

9



STANDING CALF STRETCH - GASTROC

While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg.

Your back knee should be straight the entire time.

Repeat opposite side.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

10



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.

Repeat opposite side.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

11



HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip.

Repeat opposite side.

Repeat 2 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Time(s) a Day