

1



Wrist Flexion and Extension Stretch

Keeping your elbow straight, use one hand to bend the other wrist downward as shown. Hold this stretch for 15 seconds.

Hold 15 Seconds
 Complete 3 Sets
 Perform 4 Time(s) a Week

Still keeping your elbow straight, use your hand to band the wrist upward as shown. Hold this stretch for 15 seconds.

Complete on both sides. This is considered 1 set. Complete 3 sets.

4



CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

Hold 15 Seconds
 Complete 3 Sets
 Perform 4 Time(s) a Week

NOTE: Your legs should control the stretch by bending or straightening your front knee.

2



CROSS ARM STRETCH

Grasp your elbow and gently pull it across the front of your body.

Hold 15 Seconds
 Complete 3 Sets
 Perform 4 Time(s) a Week

5

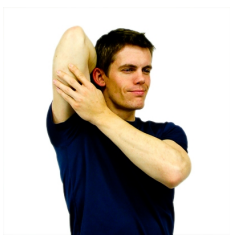


QUADRICEPS STRETCH - SIDELYING

While lying on your side reach back and hold your top foot and bend your knee until a stretch is felt.

Hold 15 Seconds
 Complete 3 Sets
 Perform 4 Time(s) a Week

3



TRICEP STRETCH

With your affected elbow bent and shoulder raised, use your other hand and gently push your affected elbow back towards over head until a stretch is felt.

Hold 15 Seconds
 Complete 3 Sets
 Perform 4 Time(s) a Week

6



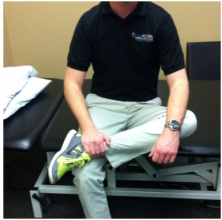
STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Hold 15 Seconds
 Complete 3 Sets
 Perform 4 Time(s) a Week

7



Piriformis Stretch-sitting

Sit down and cross one foot over the opposite knee. Lean forward until you feel a stretch in the back of the hip that is crossed.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week

10



LOWER TRUNK ROTATIONS - LTR

Lying on your back with your knees bent, gently move your knees side-to-side.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week

8



STANDING CALF STRETCH - GASTROC

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

11



DOUBLE KNEE TO CHEST STRETCH - DKTC

While Lying on your back, hold your knees and gently pull them up towards your chest.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week

9



STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

12



PRAYER STRETCH

While in a crawl position, slowly lower your buttocks towards your feet until a stretch is felt along your back and or buttocks.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week

13



PRAYER STRETCH - LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out towards the side.

Hold 15 Seconds
Complete 3 Sets
Perform 4 Time(s) a Week