

STRETCHES



1. Figure 4 Chair

Cross the ankle over the knee. Pull knee down towards the floor. Bend at the hip. Keep neutral spine.



2. Standing Hip Flexor or Kneeling

Take one step back, toes pointed forward. Rear leg is straight, tilt hips back and bend the front knee.



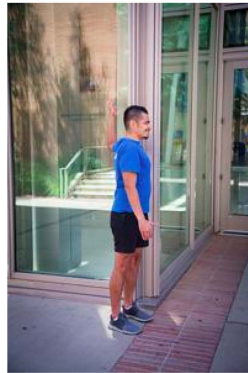
3. Wrist Flexors & Extensors

With extended elbows, pull the fingers back toward the forearms, reverse and pull the fingers back toward the elbow.



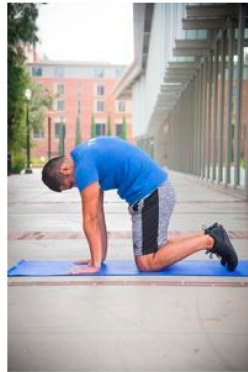
4. Pectoralis Stretch

Stand perpendicular to the wall with one arm fully extended behind yourself, rotating the torso away from the wall.



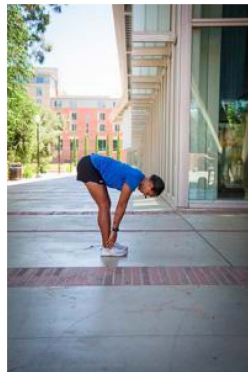
5. Child's Pose- Cat Cow

Start in the all fours position, hands under your shoulders, hips over your knees, round your back tuck your chin, arch look up.



6. Hamstring Stretch- Standing

Start with your feet hips distance apart, knees straight but not locked out, reach your arms over head, take in a deep breath, fold forward and reach for your toes as you let your breath out and hold for 30 seconds.



7. Neck- Lateral, Flexion & Extension

Lateral: isometrically pull the ear gently toward the shoulder; extension: lead the chin in an arched rainbow up and back; flexion: gently pull the chin toward the esophagus.



8. Ankle Stretches

Standing or sitting; with light pressure, gently roll the ankle clockwise and counterclockwise.

