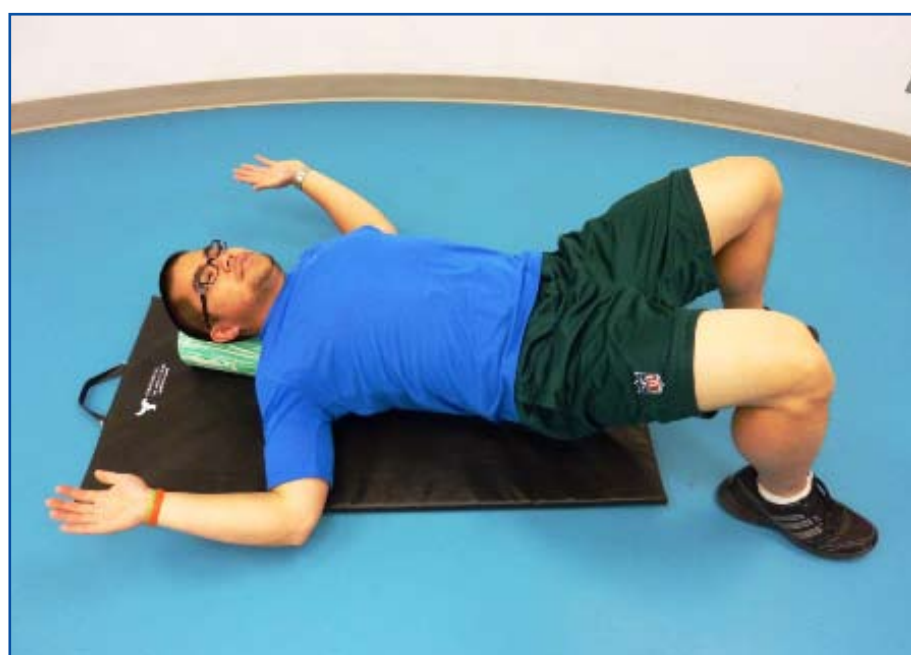




Static Stretches

Hold each stretch for a minimum of 30 seconds.



Chest Stretch on Foam Roller

- Lie on foam roller with head and pelvis supported.
- Keep elbows bent to 90° and below shoulder height.
- Neck and shoulders are relaxed, allowing arms to gently lower towards floor with gravity.



Pigeon Stretch (Glute)

- From hands and knees position, reach one leg forward angling the foot towards opposite hip, reach other leg straight back.
- Keep abdominal muscles tight, neck and shoulders relaxed.
- Increase intensity by lowering your upper body down to the floor and/or by increasing the angle of the front leg toward 90°.

Kneeling Hip Flexor

- Start in off-set kneeling position, both legs in line with the hips, front foot slightly in front of the knee of the same leg.
- Tighten abdominal muscles and slightly tilt your pelvis backward, decreasing the arch in your lower back.
- Lunge slightly forward, bringing the front knee directly over the front ankle.
- Lift arm on the kneeling side of the body up and over to increase the intensity.



Assisted Wall Glute Stretch

- Lie on your back, place your feet on a wall forming a 90° angle at the knee and hip.
- Cross one ankle over the opposite knee and hold. It is important that your pelvis remain flat and supported on the floor.
- Increase the intensity of the stretch by moving yourself closer to the wall or decrease by sliding further away from the wall.



Hamstring Stretch with Strap

- Start by lying on your back and place the strap across the bottom of one foot. Keep the other leg bent with the foot flat on the floor.
- Straighten the leg to be stretched and then gently pull on the strap bringing your leg towards you.
- To increase the intensity, extend the other leg straight out and rest it on the floor.



Upper Spinal Rotation

- Start in side lying position with head supported on pillow or yoga block, knees are bent and pulled up to hip level.
- Make sure your ankles, knees, and hips are stacked over top of each other and place both hands in front of you at chest height.
- Begin to rotate the top hand over to the other side while keeping your knees together and **look over your shoulder as you rotate**. Follow the path of your hand with your eyes.

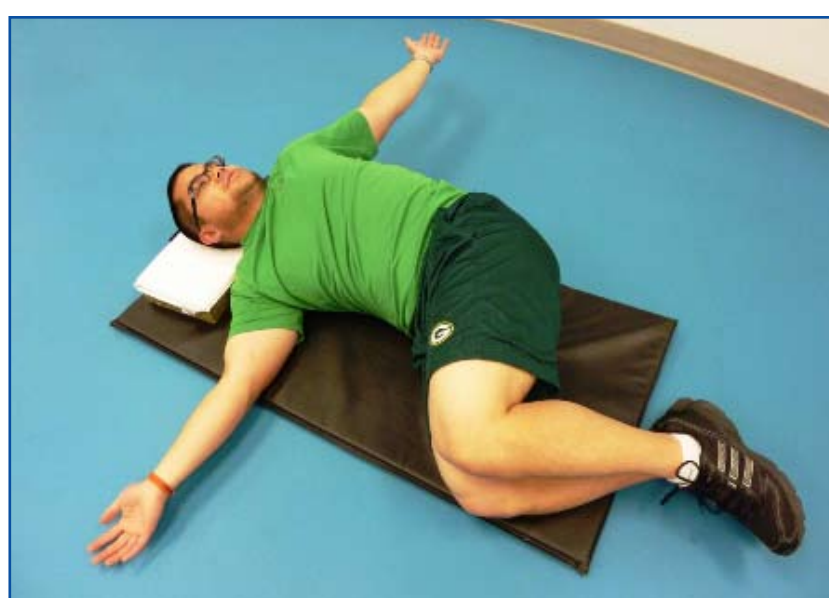
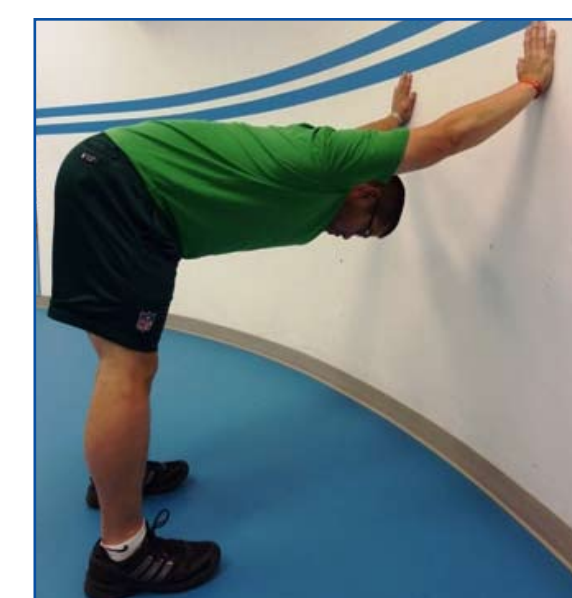


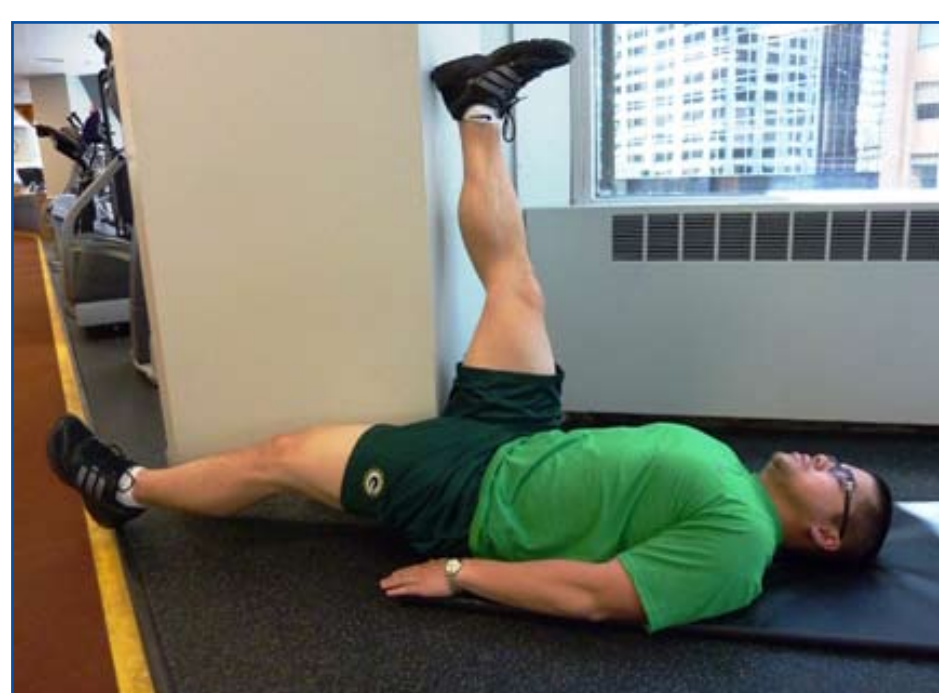
Table Top Stretch

- Stand facing a wall a little more than arms length away, lean forward and place your hands on the wall at shoulder height keeping the arms straight.
- Push your buttocks backward, bend from the hip joints moving your torso down between your arms as a unit.



Single Leg Hamstring Wall Stretch

- Lie on your back on the floor in between a door frame or a single wall with your right leg against the wall and the left leg straight in front of you with both legs slightly bent. Begin to tighten your abdominals and drive your hips to the ground and feel a stretch in the right hamstring. Extend both legs to increase the intensity of the stretch while always keeping your abdominals tight.



- Repeat on left side.

Quadriceps Stretch (Standing or lying on your side)

- When standing use a wall or a sturdy object for support. Grab the ankle or foot with the same side hand.
- Slightly tilt your pelvis backward to decrease stress in lower back and increase stretch.
- Try to keep your knees underneath your hips.

