



### STANDING CALF STRETCH - GASTROCNEMIUS

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.

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.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well. Video # VVNCZDYYG

Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day

### 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. Video # VVSSRZZW3



Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day

### SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, pull the top knee upward towards your opposite shoulder for a stretch. Video # VVV24ZGDD



Repeat 3 Times

Hold 20 Seconds

Complete 1 Set

Perform 1 Times a Day



### HIP ADDUCTOR STRECH - STANDING

Start in a standing position and feet spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh. Video # VVH3D9ELB

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 1 Times a Day



### QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh. Video # VVP237T48

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 1 Times a Day



### CROSS ARM STRETCH

Grasp your elbow and gently pull it across the front of your body. Video # VVNZVCX2A

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 1 Times a Day



### 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. Video # VVBQRSKVT

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 1 Times a Day



### LAT STRETCH - LATISSIMUS DORSI 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. Video # VVA8Z8US2

Repeat 3 Times  
Complete 1 Set

Hold 20 Seconds  
Perform 1 Times a Day



### Wall Overhead Thoracic Mobility

Stand at the wall, keeping a flat back and sink further into the stretch.

Repeat 5 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day