

Sidelying Thoracic Rotation with Open Book

REPS: 10 WEEKLY: 7	SETS: 1	HOLD: 10	DAILY: 1
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Setup
Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

Movement
Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

Tip
Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Supine Hip Internal and External Rotation

REPS: 10 WEEKLY: 7	SETS: 1	HOLD: 10	DAILY: 1
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Setup
Begin lying on your back with your knees bent, feet flat on the floor, and legs wider than hip width apart.

Movement
Let your knees fall toward the same side, then repeat on the other side.

Tip
Make sure to keep both of your shoulders on the ground during the exercise and do not arch your back.

Hamstring Stretch in Doorway

REPS: 3	SETS: 1	HOLD: 30-60	DAILY: 1
WEEKLY: 7			



Setup

Begin lying down with one leg through a doorway

Movement

Place your leg on the wall of the doorway, keeping it as straight as possible. You should feel a stretch in the back of your leg.

Tip

Move your bottom closer to the wall to feel more of a stretch or further away to decrease the stretch.

Standing Quad Stretch with Table and Chair Support

REPS: 3	SETS: 1	HOLD: 30-60	DAILY: 1
WEEKLY: 7			



Setup

Begin in a standing upright position holding onto a chair in front of you with a low table or chair behind you.

Movement

Bend your knee to lift your foot up onto the table and slightly press your pelvis forward until you feel a stretch in the front of your thigh. Hold this position.

Tip

Make sure to maintain an upright posture and that your knee stays pointing toward the floor. Avoid arching your back during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 3	SETS: 1	HOLD: 30-60	DAILY: 1
WEEKLY: 7			



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

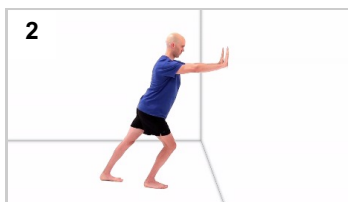
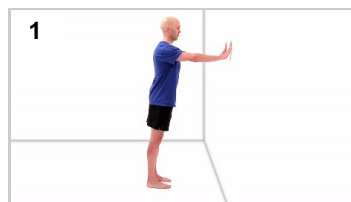
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Gastroc Stretch on Wall

REPS: 3	SETS: 1	HOLD: 30-60	DAILY: 1
WEEKLY: 7			



Setup

Setup Directions

Movement

Begin in a standing upright position in front of a wall.

Tip

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Cat-Camel

REPS: 10	SETS: 1	HOLD: 10	DAILY: 1
WEEKLY: 7			



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

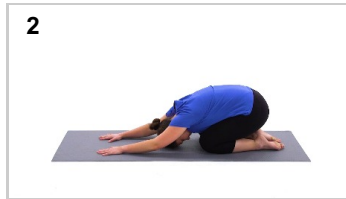
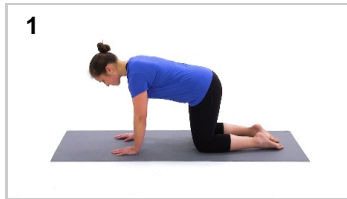
Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Child's Pose Stretch

REPS: 3	SETS: 1	HOLD: 20	DAILY: 1
WEEKLY: 7			



Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.