

### ASPT Flexibility Program

The purpose of the ASPT flexibility program is to increase your body's flexibility in key areas to promote overall wellness. The key to each stretch is to feel a "release" which means the stretch should feel less intense after holding for 60 seconds.

Please note the following three keys for successful stretching

- 1) Hold each stretch for 60 seconds
- 2) If you don't feel the stretch become less intense after holding for 60 seconds you are stretching too hard
- 3) Make sure you feel the stretch in the correct location and then focus on relaxing

#### Upper Trapezius



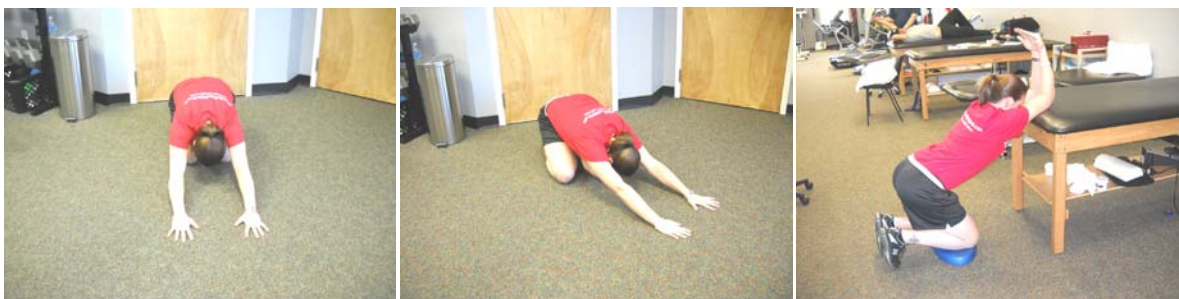
#### Pectoralis Major



#### Posterior Shoulder Capsule



#### Latissimus Dorsi



Gastrocnemius/Soleus



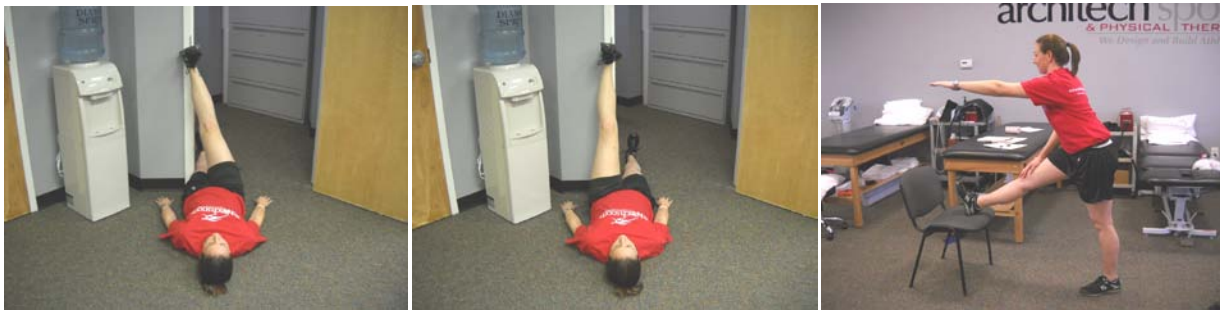
Quadriceps



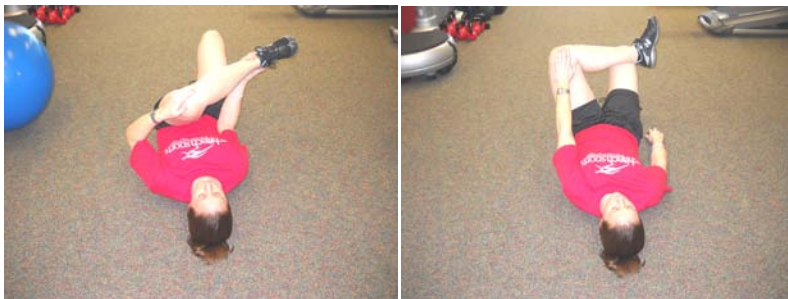
Hip Flexors



Hamstrings



Piriformis



Lumbar Rotation

