




## Flexibility 101

Image	Exercise
	<p>Back (wall stretch) Reach out and place your hands onto a wall. Now bend forward so that your shoulders are below your hands. Shift your hips backwards yet keep your hands on the wall. Hold this position to stretch your back and shoulders.</p>
	<p>Side Neck Keeping your chin and head level rotate your head to the right and hold for the prescribed number of seconds. Allow your neck to stretch and then repeat with the other side.</p>
	<p>Overhead Tricep Place one arm above your head and bend your elbow. Now place your other hand above your head and grab the opposite elbow. Pull on the elbow across behind your head until you feel a good stretch in your tricep. Hold for the recommended number of seconds. Repeat with the other arm.</p> <p>1 2 3 4 5</p>



#### Piriformis Stretch

1. Lie back and bring one knee towards your chest.
2. Gently pull knee towards opposite shoulder until a stretch is felt in the hip area.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight in a neutral position.

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#### Prayer Stretch

1. Start by kneeling on the ground with your arms out in front of you.
2. Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
3. Hold for 20-30 seconds. Repeat as prescribed.

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#### Quadratus Lumborum/Lat Stretch

1. Start by kneeling on the ground with your arms out in front of you.
2. Slide your arms further away and slowly shift your hips back towards your feet until a comfortable stretch is felt.
3. Now slide your hands to the right until a stretch is felt down the side of your torso. Repeat to the left.
4. Hold for 20-30 seconds. Repeat as prescribed.

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#### Supine Hamstring Stretch

1. Lie on back and place rope or towel over the foot. Other leg should remain flat on floor at all times.
2. Slowly straighten knee until stretch is felt in back of thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight to isolate stretch in hamstring.

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#### Supine Twist Stretch

1. Lie on your back on the floor.
2. Gently rotate trunk and legs to side so that your knees are facing entirely to a side.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep shoulders on the ground.

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#### Neck (downward)

1. Tuck your chin down towards your chest and allow the back of your neck to stretch. Hold for the prescribed number of seconds.

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#### Back (fixed bar)

1. Grab onto a bar with one hand and lean back with your hips to allow your back to stretch. Hold for the recommended number of seconds and then repeat with the other arm.

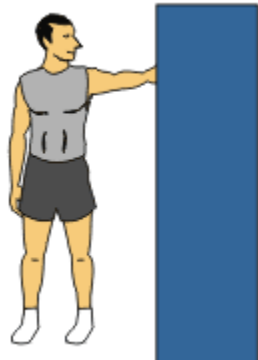
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#### Hip Flexor Quad Stretch

1. Step out 1-2 feet with one foot.
2. Slowly push pelvis downward and forward until stretch is felt in front of back thigh.
3. Hold for 20-30 seconds. Repeat as prescribed.
4. Remember to keep the low back straight.

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#### Chest (doorway)

Place an outstretched arm against a wall or doorway and lean forward with that shoulder.

You should feel a stretch in your chest when you lean forward. Hold for the recommended number of seconds. Repeat with the other arm.

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#### Low Back (cobra)

Lie on your stomach in a pushup position.

Pushup with your hands while keeping your hips flat on the floor.

Your back should be in a hyperextended position.

Hold for the prescribed number of seconds and repeat.

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#### Glutes (seated)

Sit with left leg across the knee of the opposite leg. Push down on the left knee and lift the right leg up to a bent knee position until a stretch is felt in your hip.

Hold for the prescribed number of seconds and repeat with the other leg.

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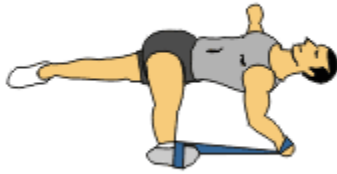


#### Low Back (lying)

Lie on your back and bring both your knees to your chest.

Pull on the back of your knees towards your head until you feel a stretch in your back.

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#### Abductor Stretch with band

1. Start by lying flat on the back. Place the strap to the arch of the right foot. Hold the strap in the right hand and slowly start to extend the right leg out to the side. Keep both legs straight and the left hip and leg working down towards the floor.

2. Keep the left shoulder, arm and hand connected to the floor. If the hamstrings and abductors are quite tight, you can place a block underneath your right leg to support it.

3. Stay here for 5 to 10 deep breaths. Repeat on the other side.

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