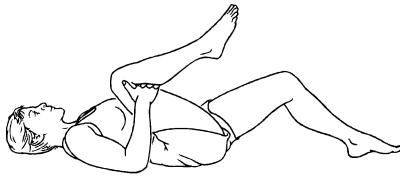


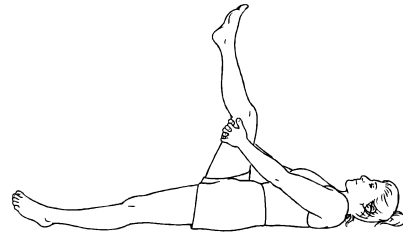
BACK - 18 Knee-to-Chest Stretch: Unilateral



With hand behind **right** knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 30 seconds.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

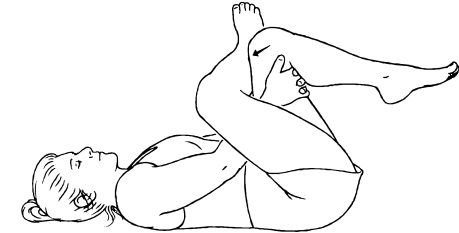
HIP / KNEE - 38 Stretching: Hamstring (Supine)



Supporting right thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold 30 seconds. Alternate to the other side.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

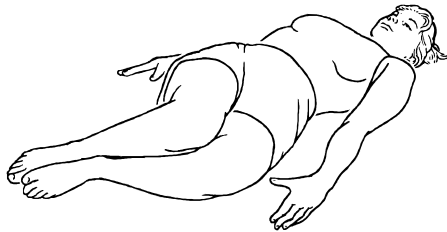
HIP / KNEE - 48 Piriformis (Supine)



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 30 seconds. Alternate to the other side.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

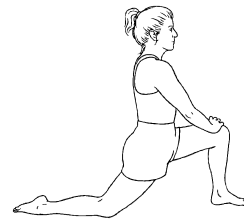
BACK - 16 Lower Trunk Rotation Stretch



Keeping back flat and feet together, rotate knees to right side. Hold 30 seconds. Alternate to the other side. Stay within a painfree range of motion.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

HIP / KNEE - 34 Stretching: Hip Flexor

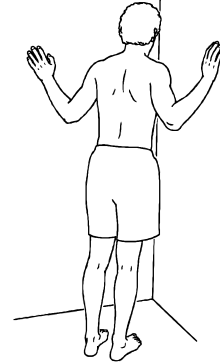


Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 30 seconds. Alternate to the other side.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

CERVICAL SPINE - 24 Flexibility: Corner Stretch

Standing in corner with hands just above shoulder level and feet 6 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold 30 seconds.



Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

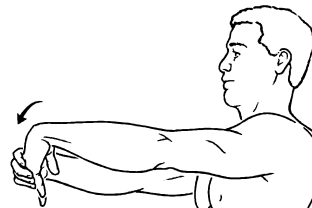
CERVICAL SPINE - 23 Flexibility: Upper Trapezius Stretch

Gently grasp **right** side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds.



Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

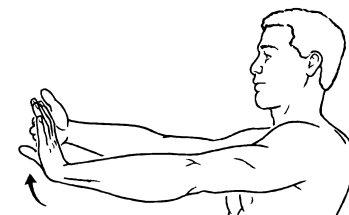
HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp **right** hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.

HAND - 13 Wrist Flexor Stretch



Keeping elbow straight, grasp **right** hand and slowly bend wrist back until stretch is felt. Hold 30 seconds. Relax.

Repeat 2 times per set. Do 1 sets per session. Do 1 sessions per day.