



## HALF KNEEL HIP FLEXOR STRETCH

While kneeling down on one knee, lean forward and bend your front knee until a stretch is felt along the front hip area of the knee-down side.

Repeat 3 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



## Spiderman/Worlds Greatest Stretch

1--Start in a lunge position with back knee straight and off the ground.  
2--From there reach both hands down to the ground keeping them within a foot of the front leg.  
3--From there rotate towards the front leg picking same side hand up and reaching towards the ceiling hold for 2 to 3 breaths in return.

Repeat 10 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 1 Times a Day



## Child's pose

Position yourself in quadruped position. Position towel roll under your ankles and knees for improved comfort if necessary. Reach forward while performing sit down position. Hold this position for 2 minutes and perform 2 x day.

Repeat 1 Time  
Complete 1 Set

Hold 1 Minute  
Perform 1 Times a Day



### Child's Pose Thoracic Rotation

Start in kneeling position while sitting back on to heels. Place forearm on floor in front of knees, then place one hand behind your head.

Slowly rotate up towards the ceiling while keeping your core engaged to feel a stretch in your upper back.

Repeat 3 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



### POSTERIOR PELVIC TILT

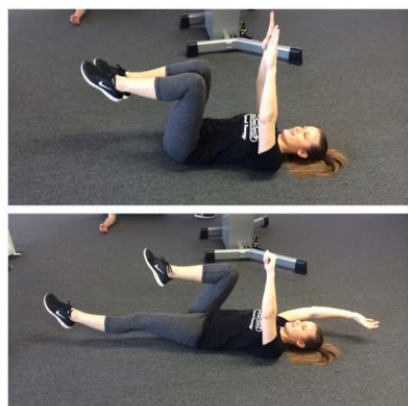
Lie on your back on a firm surface with knees comfortably bent (top picture). Then flatten back against the table while contracting abdominal muscles as if pulling belly button toward ribs (bottom picture).

Repeat 15 Times

Hold 5 Seconds

Complete 3 Sets

Perform 1 Times a Day



### Dead Bug

Begin on your back with knees bent, feet on floor, and hands at your sides.

Raise your legs to 90 degrees. Tighten the stomach and glute muscles.

Pick up the opposite arm and foot, bring the knee and hand together. Hold slightly. Slowly separate hand and knee until limbs are straight out. DO NOT allow back to arch. Then bring hand and knee back together above your stomach.

Maintain your balance and your back flat the entire time, DO NOT allow back to arch. only go as far up and down as you can while maintaina

Repeat 10 Times

Complete 3 Sets

Perform 1 Times a Day



### Open Book

Lie on your side with arms straight out and hands pressed together in front of you. Knees are pulled up and bent towards the chest. From here, turn your torso so your back is lying flat on the ground, and your arms have opened up like a book. Hold this position before returning to start.

Repeat 10 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



### SCAPULAR RETRACTION PINCH

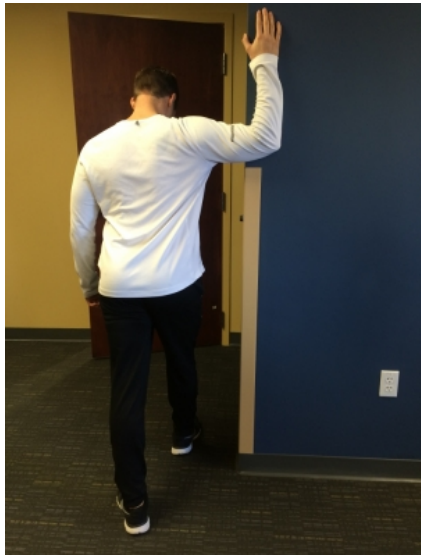
Tuck chin back as you pinch shoulder blades together. Hold 3 seconds. Relax; repeat.

Repeat 15 Times

Hold 3 Seconds

Complete 4 Sets

Perform 1 Times a Day



### Doorway Pec Stretch

Doorway Pec Stretch:

Start by having the affected arm flush against the side of the wall at ~90 degrees between your arm and torso and also the arm and elbow.

Have the opposite leg forward and the other back in a modified lunging stance.

Slowly begin to lean forward and there will be a stretching sensation through the pectoral muscle group of the arm on the wall.

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



### Prayer Stretch

Kneel in front of a surface waist height. Press elbow as close together as comfortable and kneel back towards the heels until a stretch is felt underneath the arms or lats. Keep neck in a neutral position. □

Repeat 3 Times

Complete 1 Set

Hold 30 Seconds

Perform 1 Times a Day



### Chin Tuck

Seated in chair with good posture, place two finger on chin. Pull chin straight back, giving yourself a "double chin". Apply overpressure with your fingers. You should feel a slight pressure or pull at the base of your skull.

Repeat 10 Times

Complete 1 Set

Hold 10 Seconds

Perform 1 Times a Day



### CERVICAL TOWEL ROTATION STRETCH

Hold the ends of a small folded bath towel and wrap it around your head and neck as shown. Place the towel on your face so as to minimize placing pressure on your jaw. Pressure should be placed on the side of your face/cheek bone.

Use your bottom most arm to anchor the towel in place. Use your top most arm to pull the towel to cause a gentle rotational stretch in your neck. Hold, then return to starting position and repeat.

Repeat 10 Times

Complete 1 Set

Hold 5 Seconds

Perform 1 Times a Day





### First rib mobilization - Dustin

#### First rib mobilization

-Place the towel over the shoulder close to your neck on the side that needs to be addressed

-Grab this end with the same side hand

-Hold the other end firmly down by your other side with the towel draped behind your back

-Now pull down firmly on the towel then lean your head away to mobilize the rib and stretch the neck

Repeat 10 Times

Hold 10 Seconds

Complete 1 Set

Perform 1 Times a Day



### UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 1 Time

Hold 30 Seconds

Complete 3 Sets

Perform 1 Times a Day



### PROPER CERVICAL AND SPINAL POSTURE - SEATED

Good posture positions your head over your shoulders so that your head is not protruding forward. Your ears should be over your shoulders.

Begin by correcting your low back so that it is not slouched. This will correct much of the spine. You may also need to perform a small chin tuck as well.

The image on the right shows how you should position your head and spine throughout the day. This might be difficult at first but over time will get easier as your body adjusts.