

Notes :

1 Cervical rotation



Sets: 1 Reps: 4 Freq: 2 X day

Lie on your back with your head on a pillow.
Keep the pillow as flat as possible to ensure good
head alignment

Tuck your chin and rotate the head to the side as far
as possible.

Repeat on the other side.



2 Pectoralis stretch, supine

Sets: 1 Reps: 4 Freq: daily Duration: 10 sec

Lie on your back with your head on a pillow.
Bring your arms out to your side so they are 90
degrees from the body.

Keep your back flat against the bed

Hold the position for the prescribed time.



3 Lower pectoralis stretch

Sets: 1 Reps: 4 Freq: daily Hold: 10 sec

Lie on your back with your head on a pillow.
Bring your arms out and up to your side so they are
in a 45 degree upward angle from the body.
Keep your back flat against the bed
Hold the position for the prescribed time.



4 Strict hip internal rotation AROM

Sets: 1 Reps: 4 Freq: daily

Lie on your back with your fingertips on your pelvis
to make sure it doesn't move during the exercise.
Bend the knee and straighten the non-involved leg.
The foot should be slightly outside with respect to
your shoulder.

Let the bent knee roll inward to internally rotate the
hip-without moving your pelvis-and make a brief
pause in this position. Then return to the starting
position and repeat the exercise.



5 Hip ext. rot. mobility

Sets: 1 Reps: 4 Freq: twice daily

Lie down on your back with your knees flexed to 90 degrees.

Without moving the feet, open the legs by bringing the knees toward the ground, then close the legs and repeat.



6 Hip rotation

Sets: 1 Reps: 4 Freq: daily Duration: 5 seconds

Lie on your back with your arms out in a "T" position, your feet flat on the floor, your knees bent, and your feet slightly wider than shoulder width apart.

Anchor the right foot to the floor while letting the left knee roll inward and the weight of the left leg pull to end range.

Pause briefly at the bottom. Then return to the starting position and repeat the exercise with the other leg.



7 Hamstring and calf stretch

Sets: 1 Reps: 4 Freq: daily Hold: 5 seconds

Lie on your back and place a long strap around your forefoot, holding the ends with your hands.

Lift your leg straight up, keeping your knee straight, and pulling gently on the strap with your hands until you feel a gentle stretch behind the thigh and calf.

Maintain the position for the prescribed time.



8 Rectus femoris stretch

Sets: 1 Reps: 5 Freq: daily Hold: 8-10 sec

Lying on your side, place a towel around your ankle of the top leg.

Bend the opposite leg slightly to properly position your pelvis.

Pull the towel with your arm, bending your knee and pulling your leg back until a stretch is felt in front of your thigh.

Hold the position.



9 Thoracic spine stretch

Sets: 1 Reps: 5 Freq: daily Hold: 8 - 10 seconds

Start on your stomach and elbows with your hands in front of you. You can have your forehead on your stacked hands

Move your elbows in so they are under your shoulders.

Lift your breastbone, trying to have it vertical to the bed

Engage your shoulder muscles, don't sag onto your elbows



10 Rocking backward

Sets: 2 Reps: 5 Freq: 1 - 2 x daily

Start on your hands and knees with your hips flexed to 90 degrees.

Push your hips backward without any movement of your lower back (neutral back).

Sit back towards your heels without letting your lower back round

Aim to go at least to 120 degrees of hip flexion.



11 Kneeling hip extension



Sets: 1 Reps: 4 Freq: daily Hold: 8-10 sec

With one knee on the ground, place the opposite foot on the ground slightly ahead with the toe pointing straight ahead.

Move your hips forward while keeping the trunk upright. Make sure you don't arch your lower back. Repeat as recommended.

Complete on both sides.

12 Shin stretch



Sets: 1 Reps: 4 Freq: daily Hold: 5 sec

Kneel on the ground on a comfortable surface.

Your feet should be pointed so the tops of your feet are on the ground.

Place a bolster on top of your calves, then sit straight down onto the bolster to stretch the shins.

13 Shoulder flexion stretch

Sets: 1 Reps: 4 Freq: daily Hold: 10 sec

Stand behind a chair with both hands on the back of the chair.

Backup a few steps and position yourself in the stretch by pushing your hips back, and lowering your trunk forward, stretching through the trunk and shoulders

Make sure that you keep your back flat, do not round through lower or mid back. Only go as far as you can with good technique

Maintain the position.



14 Standing calf stretch on wall

Sets: 1 Reps: 5 Freq: daily Hold: 8 - 10 secon

Put the leg to be stretched behind with the heel on the floor and toes pointing directly forward.

Place both hands on the wall, bend your front knee and lean into the lunge, pushing your hips forward. Do not let your heel come off the ground. Lean until you feel a stretch down your back calf. Hold the position



15 Press and twist (inner arch)



Sets: 1 Reps: 4 Freq: daily

Stand next to a chair, wall, or stable object for balance.

Step over a ball with one foot-the ball should be on the inside of your arch at the highest point of your instep.

Put weight on the ball, so the ball tacks onto your skin, and then pivot your foot out to stretch your arch.

Reset the ball and repeat.

16 Press and twist (outer arch)



Sets: 1 Reps: 4 Freq: daily

Stand next to a chair, a wall, or stable object for balance.

Step over a ball with one foot-the ball should be on the outside of your arch-at the center of your foot.

Put weight on the ball, so the ball tacks onto your skin, and then pivot your foot in to stretch your arch.

Reset the ball and repeat.