

Standing Trunk Rotation

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 5			



Setup

Begin in a standing upright position holding a dowel rod across your shoulders.

Movement

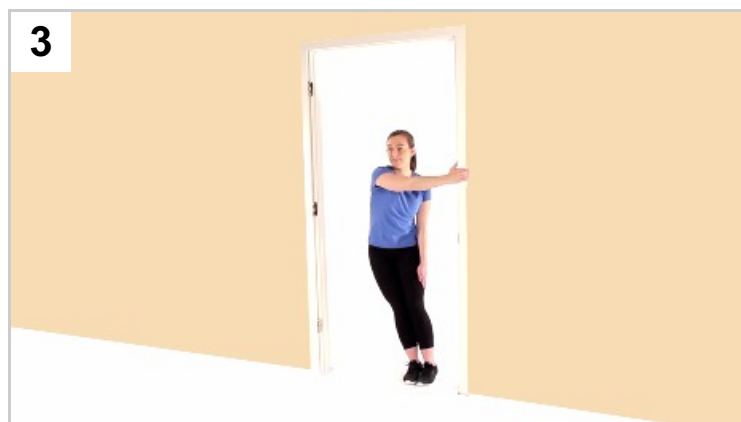
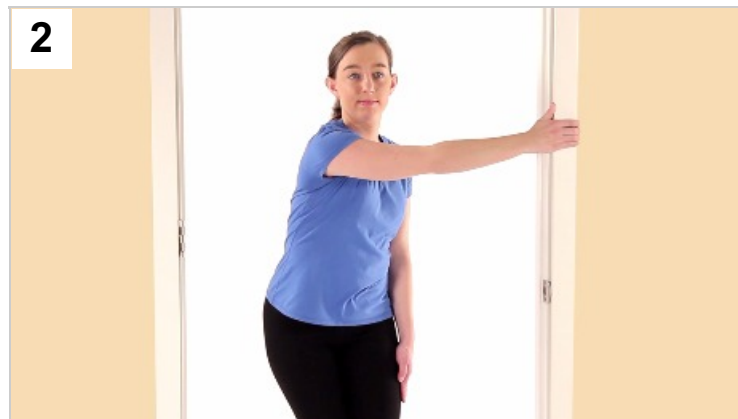
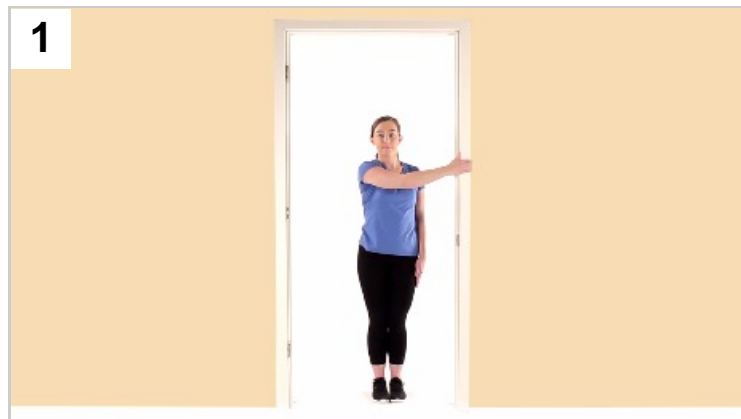
Slowly rotate your trunk to one side, then return to the starting position and repeat to the other side.

Tip

Make sure to maintain an upright position as you rotate your trunk, and do not let your chin jut forward.

Standing Posterior Shoulder Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 5			



Setup

Begin in a standing upright position to the side of a doorframe.

Movement

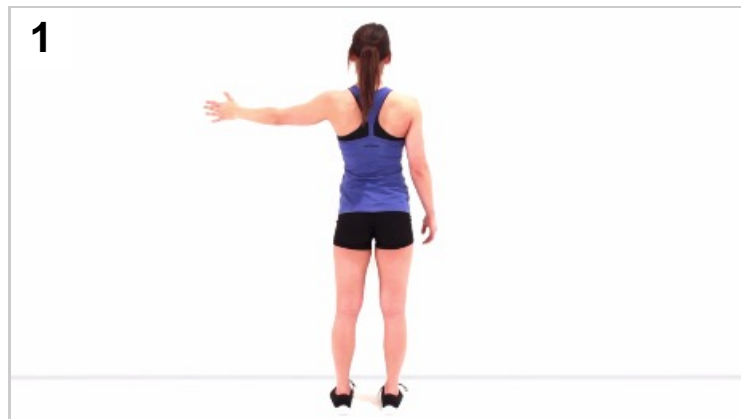
Hold onto the doorframe across your body at shoulder level with one hand, then slowly lean your body in the opposite direction. Hold, then relax and repeat.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulder.

Standing Anterior Shoulder Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 5			



Setup

Begin in a standing upright position facing a wall with your arm straight out to your side, and your hand resting on the wall.

Movement

Rotate your trunk away from your arm until you feel a stretch in the front of your chest, and hold.

Tip

Make sure to only move in a pain free range of motion.

Seated Hamstring Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 5			



Setup

Begin sitting upright with one leg straight forward and your heel resting on the ground.

Movement

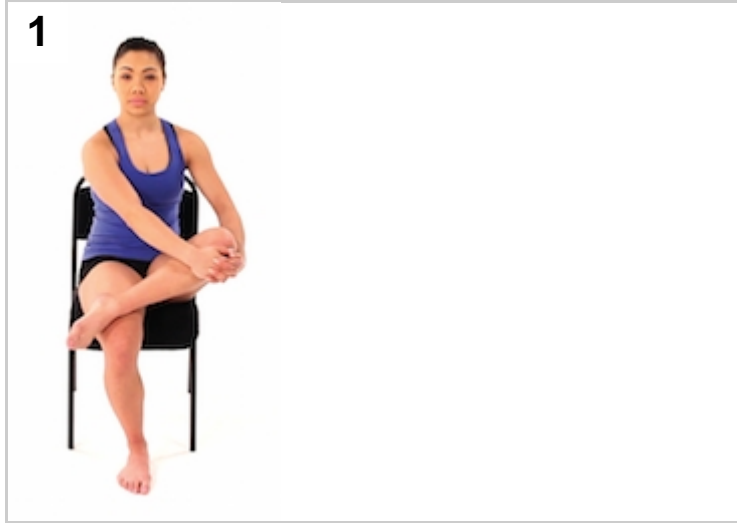
Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

Make sure to keep your knee straight during the stretch and do not let your back arch or slump.

Seated Piriformis Stretch

REPS: 3	SETS: 1	HOLD: 30 SECONDS	DAILY: 1
WEEKLY: 5			



Setup

Begin sitting upright in a chair. Cross one leg over the other so that your ankle is resting on top of your opposite thigh.

Movement

Gently pull your bent knee across your body toward your opposite shoulder. You should feel a stretch through the back of your hip and buttocks.

Tip

Try to not to arch your back or lean to one side as you stretch.