

STRETCHING AND STRENGTHENING EXERCISE PROGRAM

STRETCHING EXERCISE REGIMEN



- 1.HOLD ARM OUT IN FRONT OF YOU
 PARALLEL TO THE FLOOR AND BEND
 YOUR WRIST SO YOUR FINGERTIPS
 ARE POINTING TOWARDS THE
 FLOOR OR UP TOWARDS THE
 CEILING
- 2.APPLY FORCE WITH OPPOSITE HAND IN THE DIRECTION OF YOUR BODY UNTIL YOU FEEL A STRETCH
- 3. HOLD STRETCH FOR 15 SECONDS AND COMPLETE TO OTHER SIDE

Lateral Neck Flexion

- 1. PLACE RIGHT HAND ON TOP OF HEAD WITH LEFT ARM PLACED BEHIND YOUR BACK
- 2. LIGHTLY PULL HEAD TO THE SIDE UNTIL YOU FEEL A STRETCH
- 3. ROTATE HEAD FORWARD AND TO THE SIDE
 TO STRETCH DIFFERENT AREAS OF THE NECK
 MUSCLES
- 4. Hold stretch for 15-20 seconds and complete on other side





Pectoralis Stretch

- 1. PLACE HANDS INTERLOCKED BEHIND BACK
- 2. ARCH BACK AND LOOK UPWARDS TOWARD CEILING UNTIL YOU FEEL A STRETCH IN YOUR CHEST
- 3. HOLD FOR 10 SECONDS
- 1. PLACE HANDS INTERLOCKED IN
 FRONT OF STOMACH WITH PALMS
 FACING TOWARDS THE GROUND
- 2. FULLY EXTEND ARMS AND ROUND UPPER BACK, BRING CHIN IN TOWARDS CHEST
- 3. HOLD FOR 10 SECONDS



Curved Spine Stretch

Trunk Rotation & Shoulder Stretch



- 1. PLACE LEGS IN TRIPOD POSITION
- 2. LEAN TO ONE SIDE WITH ELBOW
 RESTING ON THE KNEE OF THE
 SIDE YOU ARE LEANING TOWARDS
- 3. STRETCH OPPOSITE ARM ABOVE HEAD AND LOOK AT CEILING
- 4. HOLD STRETCH FOR 15 SECONDS ON BOTH SIDES

Hip Flexor Stretch

- 1. FROM A STANDING POSITION, TAKE A SHORT STEP FORWARD WITH ONE FOOT
- 2. Lower that leg into a lunge position with knee bent, while keeping other leg extended straight back
- 3. PLACE BOTH HANDS ON LUNGED KNEE FOR SUPPORT
- 4. Hold stretch for 5 seconds on both sides, and repeat 3 times



STRENGTHENING EXERCISE REGIMEN

Bilateral Lying Toe Taps

- 1. LIE ON YOUR BACK WITH FEET FLAT ON FLOOR AND CONTRACT LOWER ABDOMINAL MUSCLES TOWARDS THE FLOOR
- 2. Lift both legs at a time, bringing your hips and knees to 90° angles
- 3. RETURN LEGS TO STARTING POSITION
 WHILE MAINTAINING THE 90° ANGLE
 AT YOUR KNEES AND REPEAT
- 4. Complete for 15 reps









Alternating Arm & Leg Raise 1. Begin in a four-point position with knees

- 1. BEGIN IN A FOUR-POINT POSITION WITH KNEES
 AND HANDS ON FLOOR (KNEES DIRECTLY
 UNDERNEATH HIPS AND HANDS DIRECTLY
 UNDER SHOULDERS)
- 2. Raise your left arm simultaneously as you lift your right (opposite) leg off the ground
- 3. HOLD THIS POSITION FOR 3 SECONDS AND THEN LOWER BACK TO GROUND
- 4. Complete for 15 reps each side and repeat on other side

Thoracic Extension



- 1. BEGIN IN A FOUR-POINT POSITION WITH KNEES AND HANDS ON FLOOR (KNEES DIRECTLY UNDERNEATH HIPS AND HANDS DIRECTLY UNDER SHOULDERS)
- 2. PLACE RIGHT PALM ON BACK OF HEAD AND AIM THAT ELBOW TO ROTATE INWARDS TOWARDS YOUR LEFT ELBOW
- 3. Once you get as close to the left elbow as you can, open up your spine by rotating your right elbow away from it
- 4. SQUEEZE YOUR SHOULDER BLADES AS YOU ROTATE YOUR ELBOW UPWARDS AND THEN ROTATE ELBOW BACK INWARDS AND REPEAT
- 5. Complete exercise on the other side and cmplete for 15 reps each side

Wall Sliding Exercises



- 1. STAND WITH BACK PRESSED FIRMLY AGAINST THE WALL
- 2. PLACE THE BACK OF YOUR ARMS AND HANDS OVER YOUR HEAD AGAINST THE WALL
- 3. WHILE KEEPING YOUR HANDS AND ARMS
 AGAINST THE WALL, SLIDE THEM DOWN AND
 BRING YOUR ELBOWS INTO YOUR SIDES
- 4. SLIDE HANDS BACK UP AGAINST THE WALL TO STARTING POSITION AND REPEAT
- 5. COMPLETE FOR 10 REPS

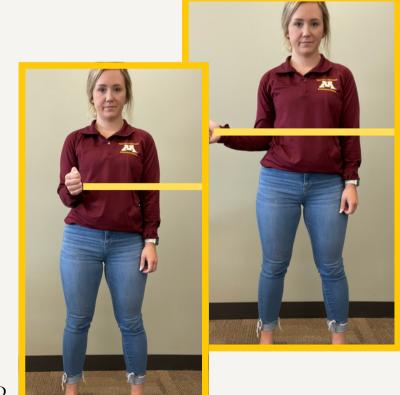
Downward Squeeze



- 1. SECURE RESISTANCE BAND TO ANCHOR APPROXIMATELY 8-12IN ABOVE YOUR HEAD
- 2. STAND FACING TOWARDS THE RESISTANCE BAND
- 3. Grasp resistance band in each hand and pull down bringing hands to shoulders and keeping elbows between 45°-90° angle
- 4. HOLD END POINT FOR 2-3 SECONDS AND RELEASE HANDS SLOWLY BACK TO STARTING POSITION
- 5. Complete for 10-15 Reps

External Rotation

- 1. SECURE RESISTANCE BAND TO ANCHOR AT THE HEIGHT OF YOUR STOMACH
- 2. STAND PERPENDICULAR TO THE
 RESISTANCE BAND AND GRAB IT WITH
 THE OUTSIDE HAND
- 3. KEEP ELBOW AT YOUR SIDE AND MOVE THE BAND AWAY FROM YOUR BODY BY SQUEEZING YOUR SHOULDER BLADE IN TOWARDS THE MIDDLE OF YOUR BACK
- 4. Repeat on other side
- 5. Complete 10-15 Reps on each side



*YELLOW LINES RESEMBLE A RESISTANCE BAND