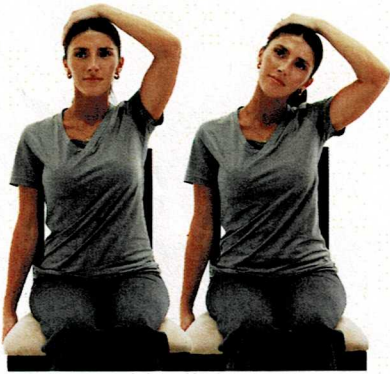




UPPER TRAPEZIUS STRETCH - HOLDING CHAIR AND HEAD

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.

Video # XVD3GS8CG

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD

Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite armpit.

Video # XVPWD5MDS

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



TREE HUG STRETCH

Stand and place your arms out in front of you as if you were hugging a tree. Your shoulder blades should be protracted. Round your back to increase the stretch between your shoulder blades

Next, turn to the side and bend until a stretch is felt along the mid-shoulder blade area of the forward most shoulder.

Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Wall Pec Stretch

Stand with hand resting against wall and upper arm parallel to the floor. Lean forward until a stretch is felt in front of chest. To increase stretch, rotate body away from shoulder. Repeat on the other side.

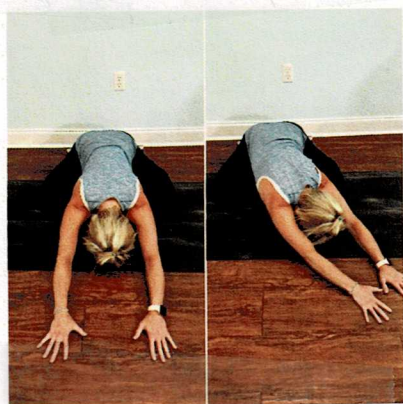
Repeat	3 Times
Hold	30 Seconds
Complete	1 Set
Perform	2 Times a Day



Wall Scaption with Lower Trap Lift Off

Start facing the wall, both hands in contact with wall at shoulder height. Slide arms up wall at 45 degree angle like you are making a Y shape with your body. Squeeze your shoulder blades down and back and lift hands off wall maintaining that Y position. Lower hands back to wall and slide down to start position.

Repeat 10 Times
Hold 5 Seconds
Complete 1 Set
Perform 1 Times a Day



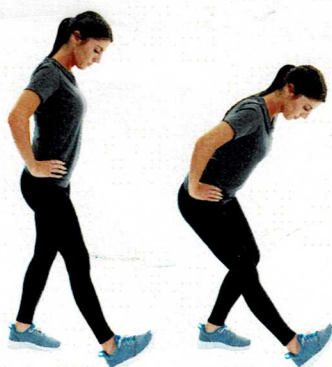
Child pose

Seated back onto feet, reach both arms out in front of you.
 Move both arms to each side to feel an increased stretch on both sides.

For a more advanced stretch, spread knees apart before coming forward.

Repeat on the other side.

Repeat 3 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Times a Day



STANDING HAMSTRING STRETCH

Start by standing with one foot forward and your heel placed on the floor.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Video # XV79DDRB6

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day



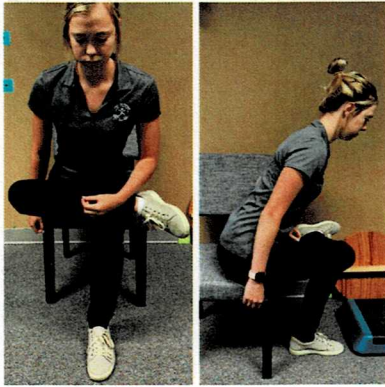
SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Video # XVDDLQ56

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day



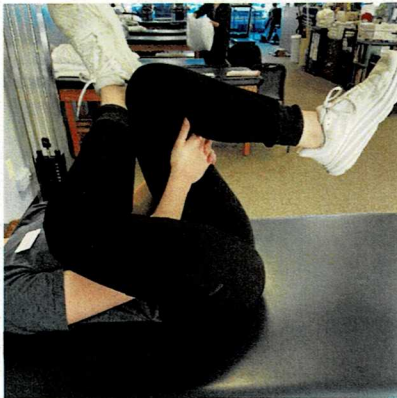
Piriformis Stretch

Start by sitting on the edge of a chair and place your foot/ankle on top of the opposite leg in front of you. Then, slowly hinge forward at the hips keeping the upper back straight/flat (maintain good posture and keep shoulders back).

Relax your arms next to the side of your body or relax them on your leg (DO NOT use your hands to push down on the knee since this will actually shorten the piriformis instead of stretch it).

Just hinge forward at the hips and you will feel the stretch in the hip/buttock region. Hold for 30 seconds at a time before doing it on the other side.

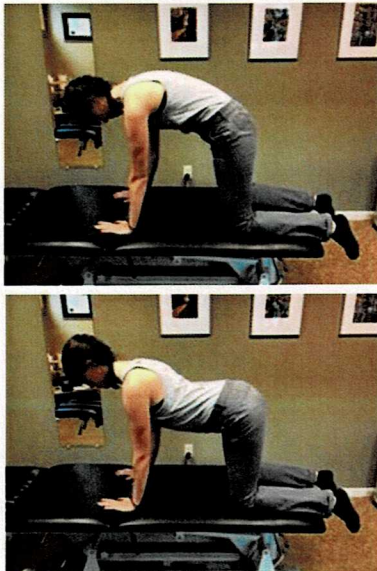
Repeat 3 Times
Hold 30 Seconds
Perform 2 Times a Day



Piriformis Stretch

Begin by lying on a flat surface on your back with your knees bent up so that your feet rest flat. Cross the ankle of one of your legs over the knee of the other leg. Then, reach your arms through your legs to grab beneath your knee on the back of your thigh. Pull your legs to your chest until you feel a stretch. Hold the stretch for 30 seconds.

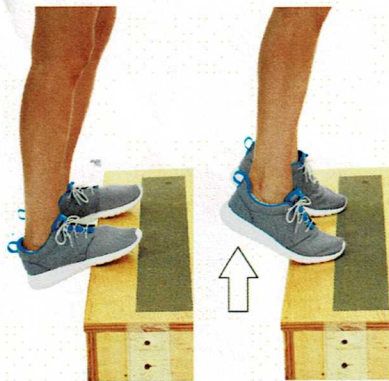
Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day



Cat Cow Stretch

Get into all fours position with knees under hips, hands under shoulders. Tuck tail under to lift low back (arch like angry cat), then lower down to sag low back and lift head up (like a sway back cow). Move slowly between the two positions. Repeat X 10

Repeat 10 Times

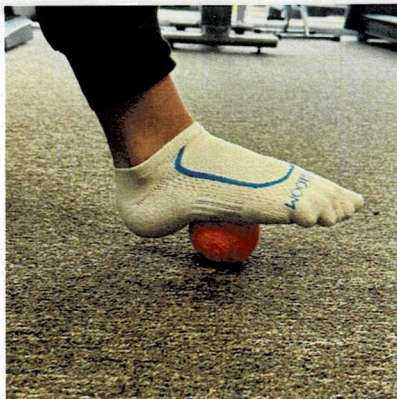


HEEL RAISES - CALF RAISES - STEP - BILATERAL

While standing on the edge of a step with your heels off the back end of the step, raise up on your toes as you raise your heels and body upward. Hold in high position for 10 seconds before slowly lowering heels back down and below stair. Hold in that position to stretch calves.

Video # XVSZ4LZ68

Repeat	10 Times
Hold	10 Seconds
Complete	1 Set
Perform	2 Times a Day

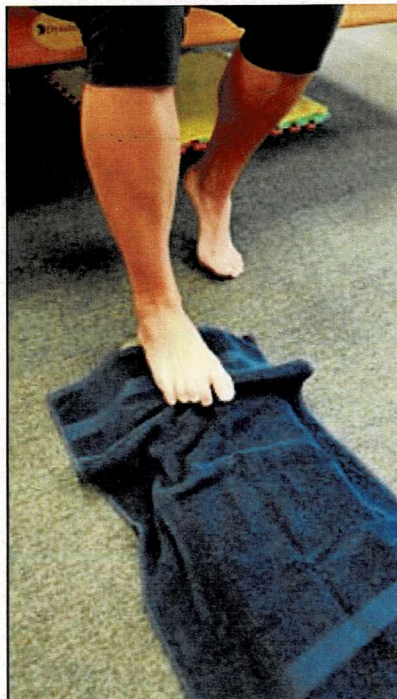


Foot Ball Roll

Sit in a chair with both feet firmly on the ground. Place a tennis ball, frozen water bottle or similar item between the arch of the affected foot and the ground. Rotate your foot in a circle to massage the bottom of your foot using the ball. You can press your foot more or less into the floor to alter the intensity of the massage.

Repeat for 3 minutes.

Hold	3 Minutes
Complete	1 Set
Perform	1 Times a Day



Toe Crunch / Towel Crunch

Sit with your foot resting on an un-folded hand towel (a smooth surface works best). Using only your toes, pull the towel toward you. Continue doing this until you cannot pull the towel any further, then re-set the towel and repeat.

Video # XVASRXNUK