



Home Exercise Program Login Instructions

Login

To access your Home Exercise Program:

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WorkCare.medbridgego.com

Access Code: **KBBZQR3L**

Two Ways to Access



Use the MedBridgeGO app

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Clinician Notes

This program can be used to help employees find some relief with Achilles tendon/calf pain by stretching, mobilizing, and strengthening the muscles and soft tissue structures that act on the ankle joint.

Please note, activities that require a slight raise in elevation are only to be performed if all other activities are able to be completed pain free and without any difficulty.

Please use a fixed object as support while stepping onto, performing, and stepping off of raised platform.

Calf Mobilization with Foam Roll

SETS: 2-3

**DURATION: 30-60
SECONDS**

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright with one leg bent, your other leg straight, and a foam roller under your calf.

Movement

Push yourself off the ground with your arms and slowly roll your calf back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Seated Ankle Plantarflexion Dorsiflexion PROM

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1
WEEKLY: 4-7			



Setup

Begin by sitting on a chair with one leg crossed over your other and holding your foot with your hands. One hand should be grabbing the top of your foot and the other should be around your heel.

Movement

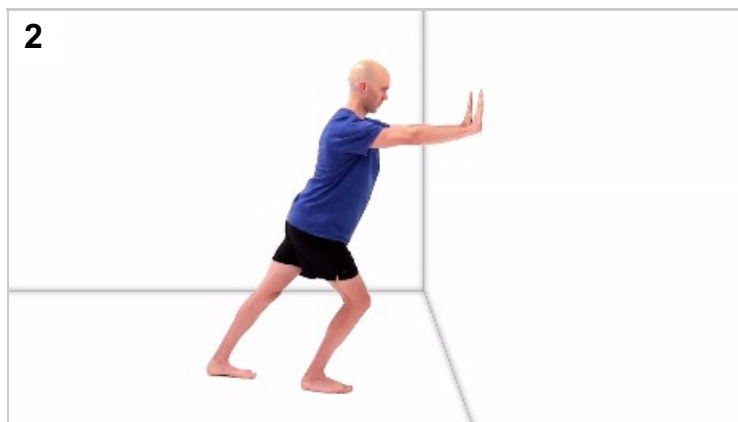
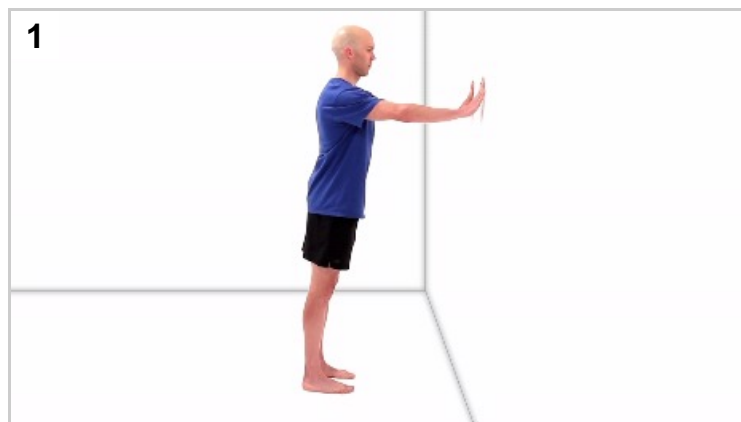
Using just your hands, slowly bend your ankle upward and downward.

Tip

Make sure to keep your ankle relaxed as you move your foot.

Gastroc Stretch on Wall

REPS: 10	SETS: 2	SETS: 2-3	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Soleus Stretch on Wall

REPS: 10	SETS: 2	SETS: 2-3	SETS: 2-3
DAILY: 1	WEEKLY: 4-7		



Setup

Begin in a standing upright position in front of a wall.

Movement

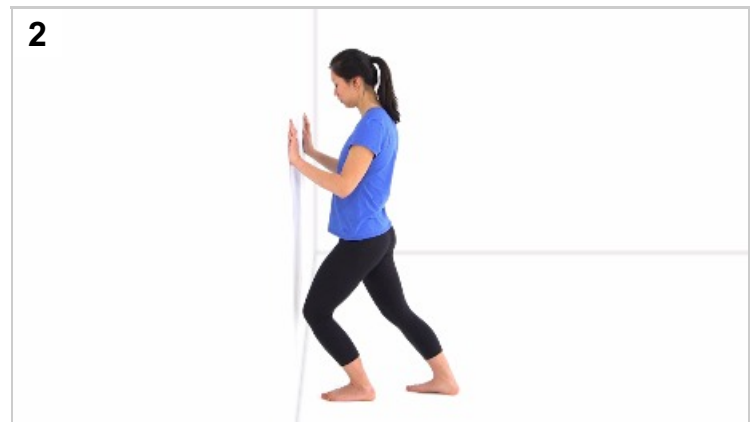
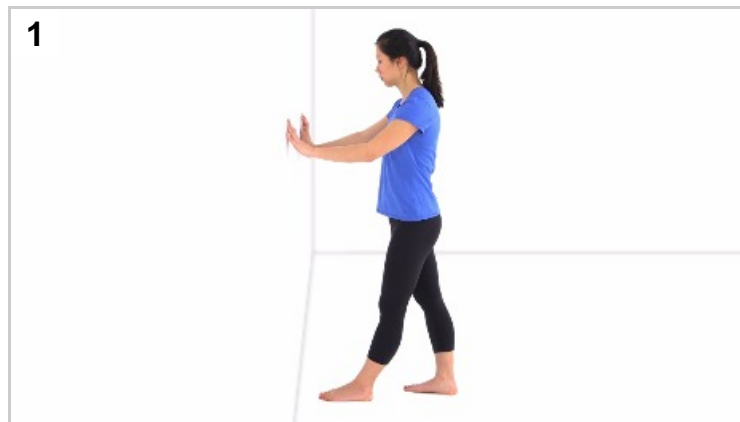
Place your hands on the wall and extend one leg backward with your knee bent. Lean forward into the wall, until you feel a stretch in your lower calf and hold.

Tip

Make sure to keep your heels on the ground and back knee bent during the stretch.

Standing Ankle Dorsiflexion Stretch

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a staggered stance position with your front foot close to a wall in front of you.

Movement

Slowly shift your weight forward, pushing your knee toward the wall, until you feel a stretch in your ankle. Hold, then relax and repeat.

Tip

Make sure to keep your front heel flat on the ground and do not bend your knee inward or outward during the stretch.

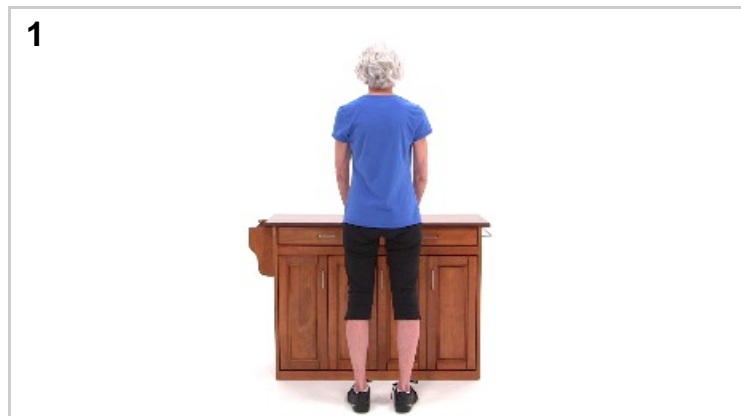
Heel rises with counter support

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



If too easy, please instead perform "Heel Raise on Step."

Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

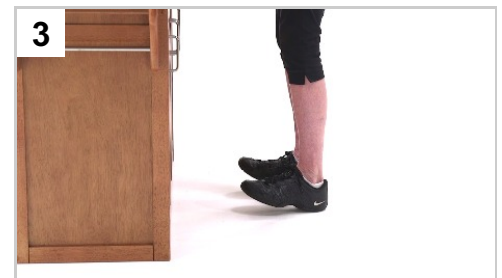
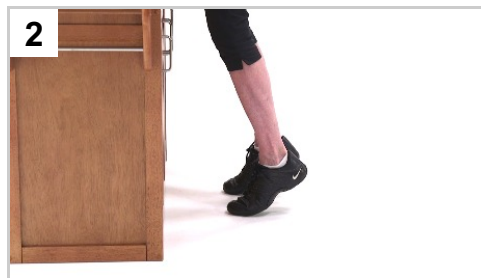
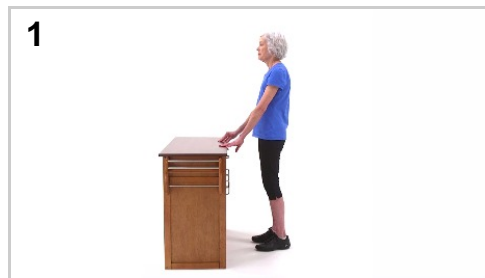
Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.

Heel Toe Raises with Counter Support

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

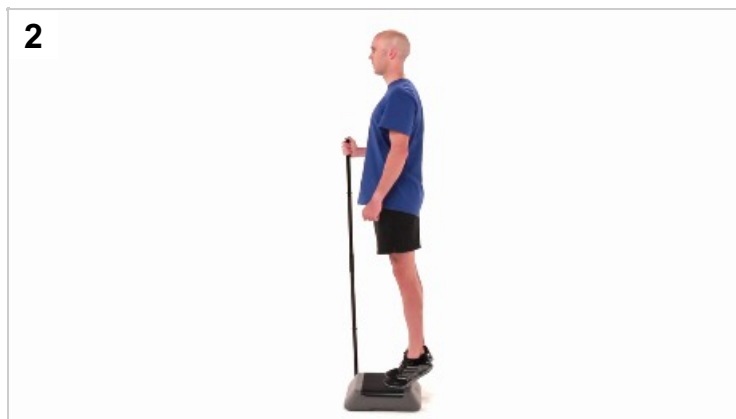
Rise up onto your toes, hold briefly, then lower back down and lift the balls of your feet off the ground. Repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

Heel Raise on Step

REPS: 10	SETS: 2-3	HOLD AT TOP: 2 SECONDS	DROP TIME: 4 SECONDS
SETS: 2-3	DAILY: 1	WEEKLY: 4-7	



Please only perform instead of "Heel Raise With Counter Support" if able to do the prior pain free and if that movement is too easy.

Setup

Begin standing at the edge of a step with your heels hanging off the edge. You may hold onto a stable object for support.

Movement

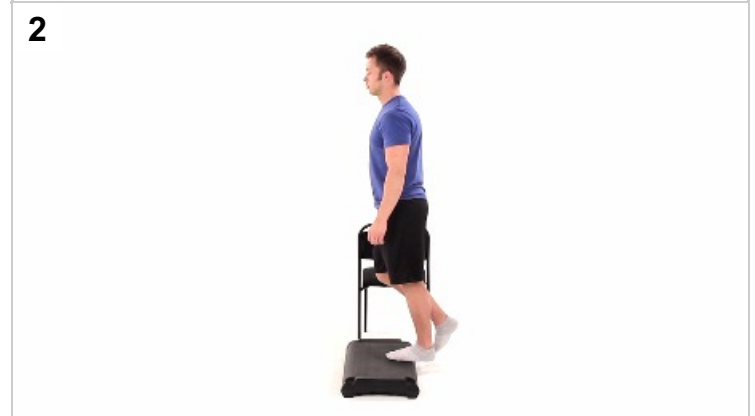
Raise up onto the balls of your feet, then slowly lower your heels down off the edge of the step and repeat.

Tip

Make sure to maintain your balance during the exercise. Keep your movements slow and controlled.

Eccentric Heel Lowering on Step

REPS: 10	SETS: 2-3	DROP: 4 SECONDS	DAILY: 1
WEEKLY: 4-7			



Only do this if the "Standing Eccentric Heel Raise" exercises is too easy. The most important part is the descent. Make sure to take it nice and slow and do not bounce at the bottom.

Setup

Begin standing on a small step or platform with your heels off the edge, holding onto a stable object for balance.

Movement

Raise both heels up, then lift one foot off the platform and slowly lower your other heel. Repeat this movement.

Tip

Make sure to maintain your balance and keep your back straight throughout the exercise.

Exercise List

Calf Mobilization with Foam Roll



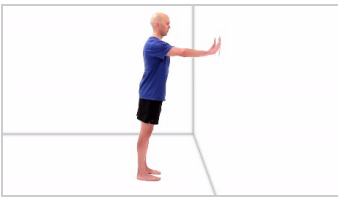
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS:														
SETS: 2-3														
DAILY: 1														

Seated Ankle Plantarflexion Dorsiflexion PROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Gastroc Stretch on Wall



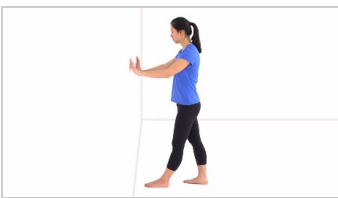
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2														
DAILY: 1														

Soleus Stretch on Wall



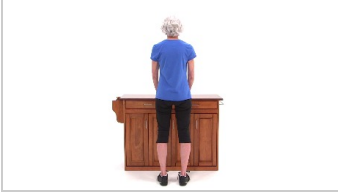
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2														
DAILY: 1														

Standing Ankle Dorsiflexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Heel rises with counter support



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Heel Toe Raises with Counter Support



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Heel Raise on Step



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Eccentric Heel Lowering on Step



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Seated Ankle Circles

REPS: 10	SETS: 2-3	DAILY: 1	WEEKLY: 4-7
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Setup

Begin by sitting upright on the edge of a table or bed with both legs hanging off the edge.

Movement

Rotating at the ankle, slowly trace circles with your foot, first in one direction and then the other.

Tip

Make sure to keep your upper leg still as you move your foot.

Long Sitting Calf Stretch with Strap

REPS: 1-2	SETS: 2-3	HOLD: 30-45SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting on the floor with one foot stretched in front of you, your other knee bent, and a strap secured around your foot.

Movement

Slowly pull your foot towards you with the strap until you feel a stretch in your calf.

Tip

Make sure to keep your knee straight during the stretch.

Seated Ankle Pumps

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright with one leg straight forward.

Movement

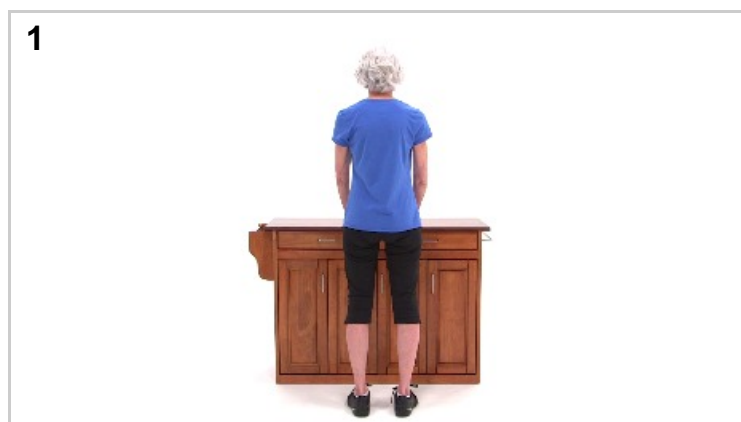
Slowly pump your ankle, bending your foot up toward your body, then pointing your toes away from your body, and repeat.

Tip

Make sure to move your foot in a straight line and try to keep the rest of your leg relaxed.

Heel rises with counter support

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

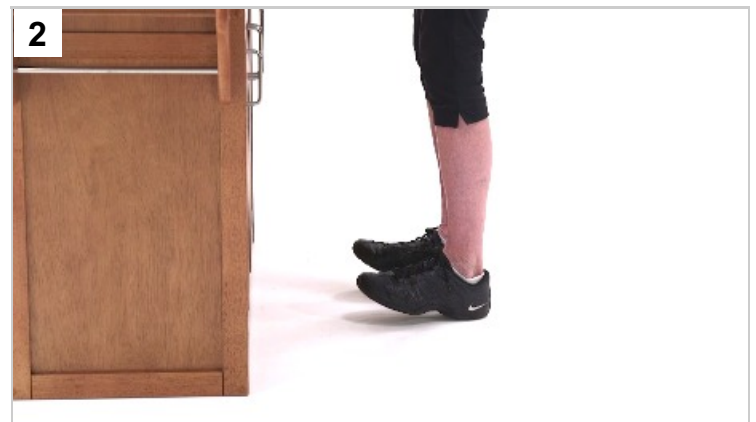
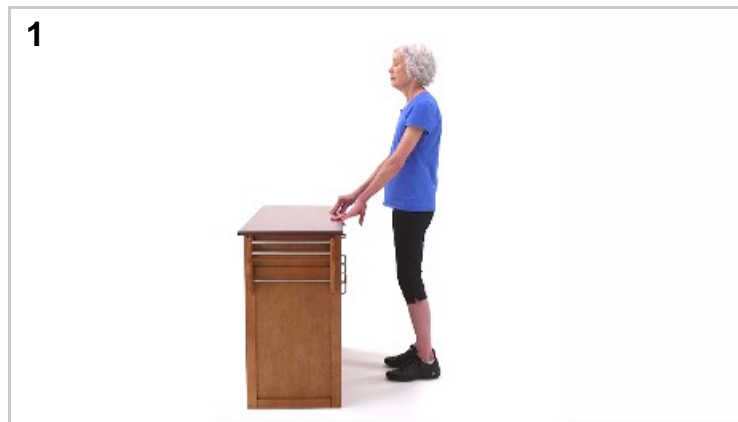
Slowly raise your heels off the ground, hold briefly, then lower them back down and repeat.

Tip

Make sure to maintain an upright posture and use the counter to help you balance as needed. Do not let your ankles rotate inward or outward.

Toe Raises with Counter Support

REPS: 10	SETS: 2-3	HOLD: 1SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position with your hands resting on a counter in front of you.

Movement

Lift the balls of your feet off the ground. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and use the counter to balance as needed.

Hip Hiking on Step

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin standing on a platform, balancing on one leg, with your other foot hanging off the edge.

Movement

Raise one hip to lift your hanging foot off the ground as high as you can, then lower it and repeat.

Tip

Make sure to keep your foot relaxed and use your hip to create the movement. Maintain an upright posture during the exercise.

Ankle Inversion Eversion Towel Slide

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on a chair with one foot resting on a towel.

Movement

Slowly turn your foot inward using your heel as a pivot, then slide it outward, and repeat.

Tip

Make sure to keep your foot on the floor during the exercise.

Seated Ankle Alphabet

REPS: 1-2

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

Make sure to keep your upper leg still as you move your foot.

Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-



Setup

Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

Tip

Make sure to keep your back straight during the exercise and maintain your balance.

Exercise List

Seated Ankle Circles



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Long Sitting Calf Stretch with Strap



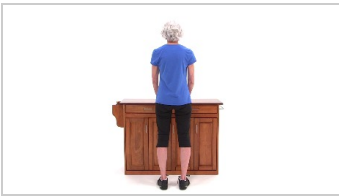
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1-2														
SETS: 2-3														
DAILY: 1														

Seated Ankle Pumps



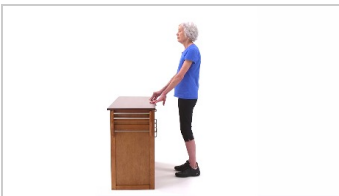
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Heel rises with counter support



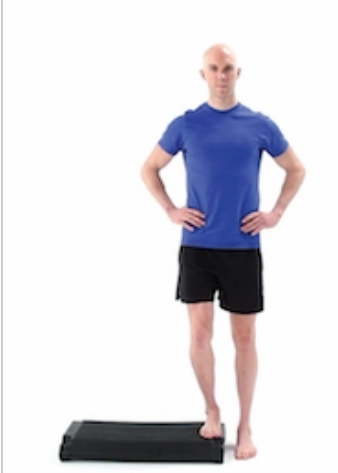
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Toe Raises with Counter Support



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Hip Hiking on Step



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Ankle Inversion Eversion Towel Slide



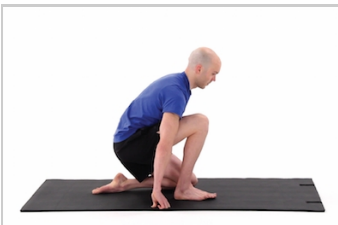
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Ankle Alphabet



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1-2														
SETS: 2-3														
DAILY: 1														

Half Kneel Ankle Dorsiflexion Self-Mobilization



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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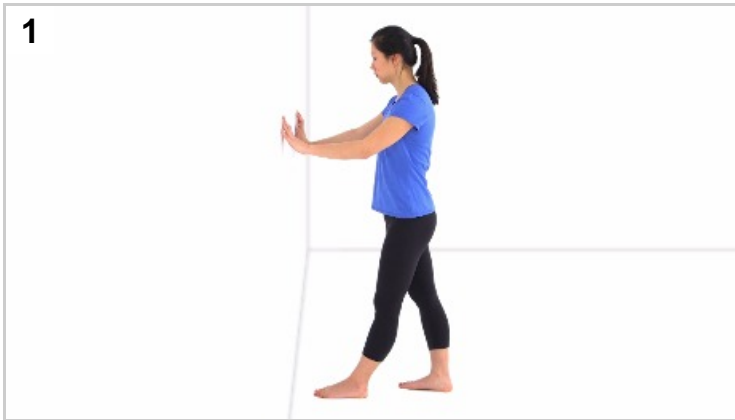
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Standing Ankle Dorsiflexion Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a staggered stance position with your front foot close to a wall in front of you.

Movement

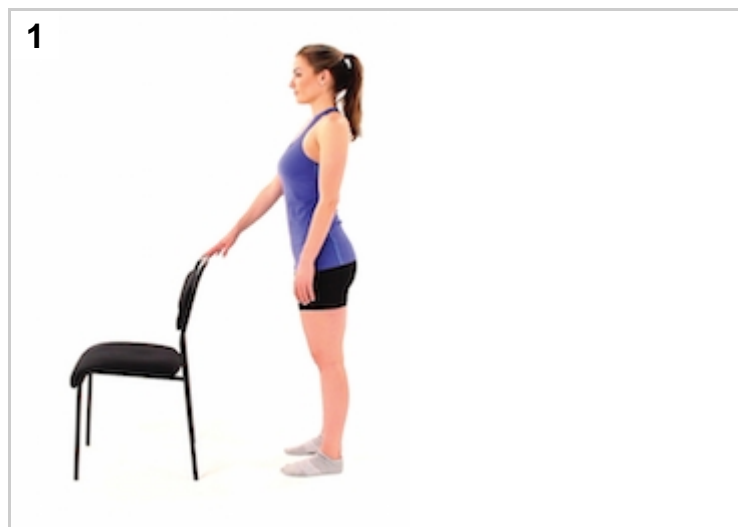
Slowly shift your weight forward, pushing your knee toward the wall, until you feel a stretch in your ankle. Hold, then relax and repeat.

Tip

Make sure to keep your front heel flat on the ground and do not bend your knee inward or outward during the stretch.

Quadriceps Stretch with Chair

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Seated Hamstring Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



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 Ankle Alphabet

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by sitting upright on a table or bed with both legs hanging off the edge.

Movement

Slowly trace the letters of the alphabet with the toe of one foot. You should be moving at your ankle.

Tip

Make sure to keep your upper leg still as you move your foot.

Seated Ankle Circles

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by sitting upright on the edge of a table or bed with both legs hanging off the edge.

Movement

Rotating at the ankle, slowly trace circles with your foot, first in one direction and then the other.

Tip

Make sure to keep your upper leg still as you move your foot.

Ankle Inversion Eversion Towel Slide

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on a chair with one foot resting on a towel.

Movement

Slowly turn your foot inward using your heel as a pivot, then slide it outward, and repeat.

Tip

Make sure to keep your foot on the floor during the exercise.

Long Sitting Ankle Plantar Flexion with Resistance

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. The band should be looped around the bottom of your foot with the end held in your hand.

Movement

Bend your foot away from your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

Long Sitting Ankle Eversion with Resistance

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on the floor with a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle outward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

Long Sitting Ankle Inversion with Resistance

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on the floor with your legs crossed and a resistance band secured around one foot. The resistance band should be looped around the bottom of your other foot with the end held in your hand.

Movement

Move the foot with the resistance band away from the other foot by rotating your ankle inward, then slowly return to the starting position and repeat.

Tip

Make sure to avoid any hip movement.

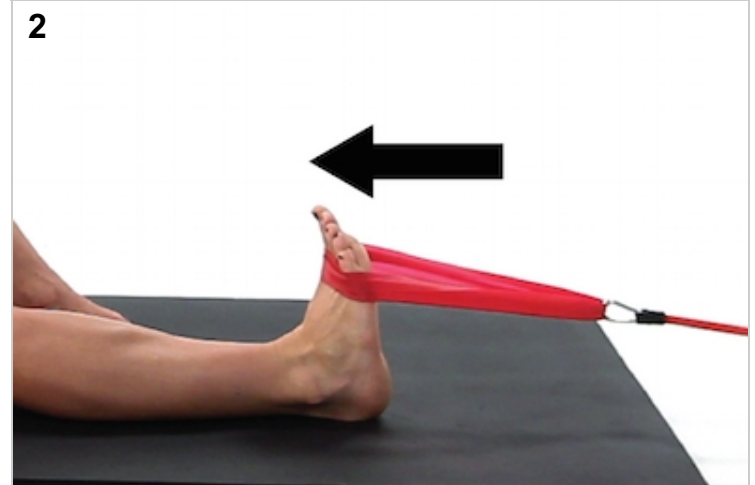
Long Sitting Ankle Dorsiflexion with Anchored Resistance

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright on the floor with your legs straight and a resistance band secured around one foot. You should be facing the anchor point.

Movement

Pull the top of your foot toward your body, creating further tension in the band.

Tip

Make sure to keep your toes relaxed and maintain good sitting posture.

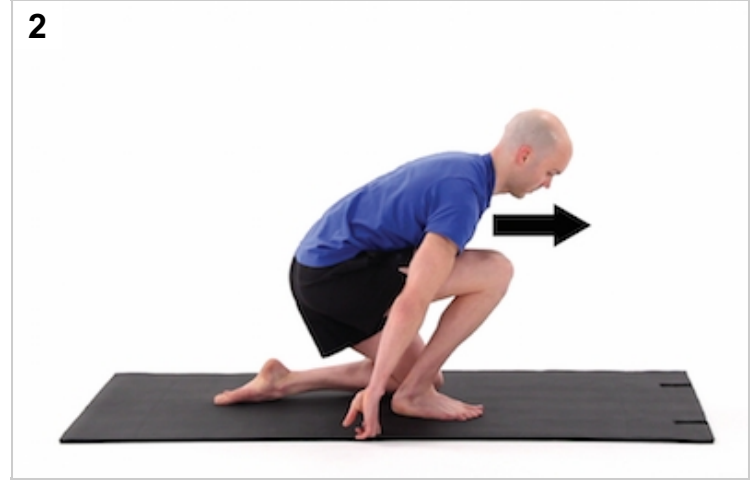
Half Kneel Ankle Dorsiflexion Self-Mobilization

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a crouched position with the top of one foot flat on the floor and your other leg supporting your body.

Movement

Slowly shift your weight forward over your knee until you feel a gentle stretch in your foot.

Tip

Make sure to keep your back straight during the exercise and maintain your balance.

Exercise List

Standing Ankle Dorsiflexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Quadriceps Stretch with Chair



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Hamstring Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Ankle Alphabet



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Ankle Circles



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Ankle Inversion Eversion Towel Slide



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Long Sitting Ankle Plantar Flexion with Resistance



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Long Sitting Ankle Eversion with Resistance



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Long Sitting Ankle Inversion with Resistance



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Long Sitting Ankle Dorsiflexion with Anchored Resistance



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Half Kneel Ankle Dorsiflexion Self-Mobilization



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Clinician Notes

Medbridge access code: 4RG69A3E

Please discontinue if pain starts at any point. Perform movements to as full range as possible without creating pain.

Seated Cervical Rotation AROM

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4

1



2



Setup

Begin sitting in an upright position.

Movement

Turn your head to look over one shoulder, then return to the starting position and repeat to the other side.

Tip

Make sure keep your back straight and do not bend your head forward, backward, or sideways.

Seated Cervical Flexion AROM

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4

1



2



Setup

Begin in an upright seated position.

Movement

Slowly nod your head, tipping your chin down slightly toward your chest. You should feel as if you are stretching the muscles in the back of your neck as you do this motion.

Tip

Make sure to maintain an upright seated position as perform this movement.

Seated Cervical Sidebending Stretch

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4

1



2



Setup

Begin sitting in an upright position.

Movement

Use one hand to tilt your head sideways, pulling your ear toward one shoulder until you feel a stretch in the opposite side of your neck, and hold.

Tip

Make sure to keep your back straight and do not let your head rotate, or bend forward or backward.

Sternocleidomastoid Stretch

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin sitting upright with one hand placed flat on your collarbone.

Movement

Slowly tilt your head to the side away from your hand, then turn your head to look up towards the ceiling until you feel a gentle stretch in the side of your neck. Hold this position, then relax and repeat.

Tip

Make sure to keep your neck and shoulders relaxed during the stretch.

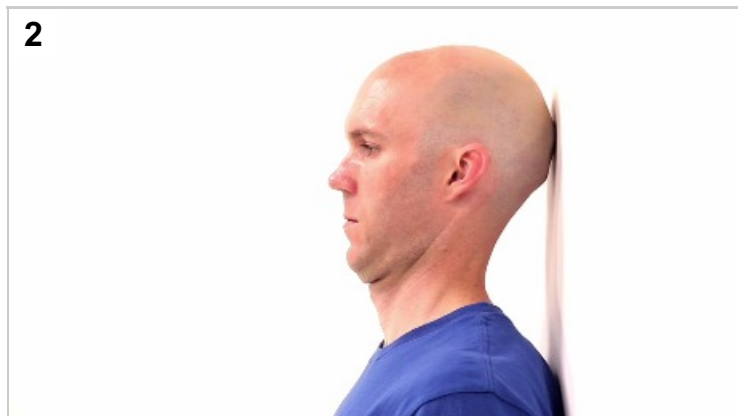
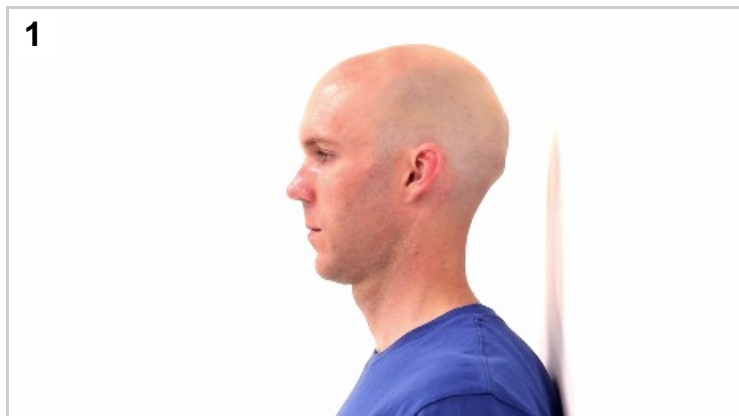
Cervical Retraction at Wall

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin in a standing upright position with your back against a wall.

Movement

Tuck your chin backward, like you are making a double chin, touching the back of your head to the wall, then relax and repeat.

Tip

Make sure to keep your back straight and do not let your head bend or rotate to either side during the exercise.

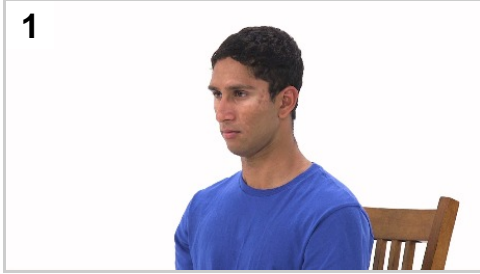
Seated Cervical Retraction and Rotation

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin sitting upright in a chair.

Movement

Gently tuck your chin and slightly press your head backward. Maintaining this position, rotate your head to one side, hold briefly, then repeat to the other side.

Tip

Make sure to keep your shoulders relaxed and do not bend your neck forward, backward, or sideways.

Supine Suboccipital Release with Tennis Balls

REPS: 10

SETS: 1-2

DAILY: 2

WEEKLY: 2-4



Setup

Begin lying on your back with your knees bent and two tennis balls placed together at the base of your head.

Movement

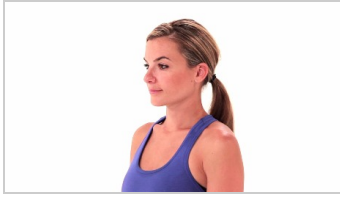
Hold this position. You should feel a light stretch or muscle release.

Tip

Make sure keep your neck relaxed during the stretch.

Exercise List

Seated Cervical Rotation AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Seated Cervical Flexion AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Seated Cervical Sidebending Stretch



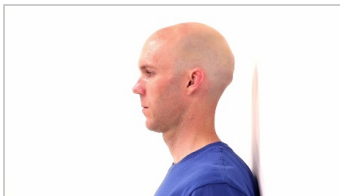
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Sternocleidomastoid Stretch



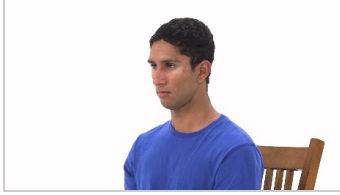
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Cervical Retraction at Wall



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Seated Cervical Retraction and Rotation



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														

Supine Suboccipital Release with Tennis Balls



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 2														



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Seated Wrist Extension Stretch

REPS: 1	SETS: 2-3	HOLD: 45SEC	SETS: 2-3
REPS: 1	DAILY: 1-2	WEEKLY: 4-7	



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

Seated Wrist Flexion with Overpressure

REPS: 1	SETS: 2-3	HOLD: 45SEC	SETS: 2-3
REPS: 1	DAILY: 1-2	WEEKLY: 4-7	



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

Slowly bend your wrist downward as far as is comfortable. With your other hand, gently push your hand further, and hold.

Tip

Make sure not to rotate your forearm during the stretch.

Ulnar Nerve Flossing

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin in a standing upright position.

Movement

Bend one arm upward at the elbow with your palm toward the side of your head and your head tilted toward the same shoulder. Straighten your arm down toward your side, and tilt your head to the opposite shoulder. Then repeat.

Tip

Make sure to perform the movement in a slow and controlled manner.

Ulnar Nerve Flossing

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin in a standing upright position.

Movement

Place your palms together in front of your body with your arms parallel to the ground. Keeping your arms level, slowly slide them to either side, bending at your elbows.

Tip

Make sure to perform the movement in a slow and controlled manner.

Ulnar Nerve Flossing

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin in a standing upright position with one arm straight out to your side at shoulder height, wrist bent backward with your palm facing out.

Movement

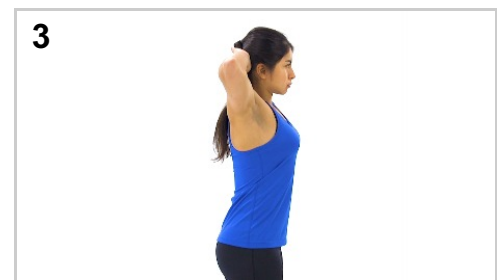
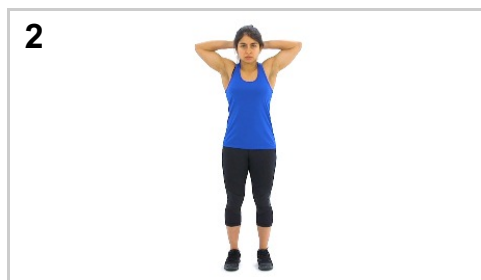
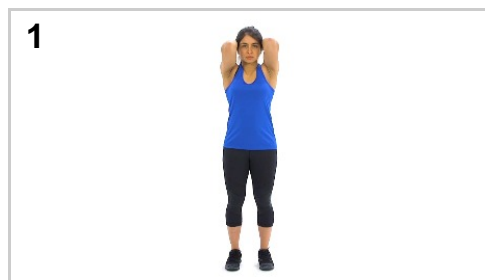
Simultaneously bend your elbow inward and curl your wrist, then return to the start and repeat.

Tip

Make sure to keep your motions smooth and continuous and do not shrug your shoulder as you move your arm.

Ulnar Nerve Butterfly

REPS: 10	SETS: 2-3	SETS: 2-3	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin standing upright. Place your hands on the back of your head with your elbows pointing forward.

Movement

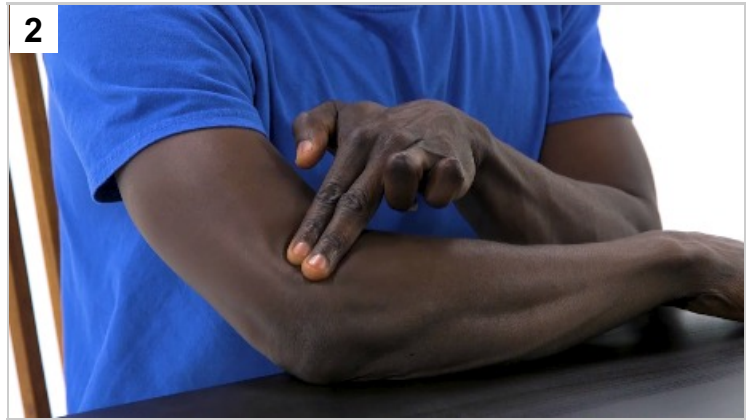
Press your elbows out to your sides and back until you feel a gentle stretch. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to keep your shoulders relaxed. You should not feel any pain during the movement.

Tennis Elbow Self Massage

REPS: 10	SETS: 2-3	HOLD: 10SEC	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin sitting in a chair with your arm bent and supported by a table.

Movement

With the unsupported arm, place two fingers on the outside of your arm just above your elbow and massage in backward and forward strokes using a gliding motion.

Tip

Make sure to keep your supported arm relaxed during the massage.

Exercise List

Seated Wrist Extension Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1-2														

Seated Wrist Flexion with Overpressure



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1-2														

Ulnar Nerve Flossing



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Ulnar Nerve Flossing



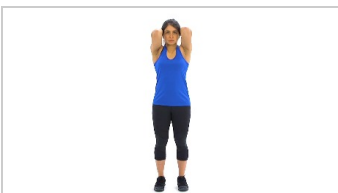
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Ulnar Nerve Flossing



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Ulnar Nerve Butterfly



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Tennis Elbow Self Massage



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														



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Seated Wrist Extension Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

Seated Wrist Flexion Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

Finger Spreading

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright in a chair with your hand resting flat on a table.

Movement

Spread your fingers apart as far as is comfortable, then bring them back together and repeat.

Tip

Make sure to keep your fingers on the table during the exercise.

Thumb Opposition

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your hand in a comfortable position.

Movement

Touch the tip of your thumb together with one finger, then separate them and repeat with each of your other fingers.

Tip

Make sure to keep the rest of your arm relaxed during the movement.

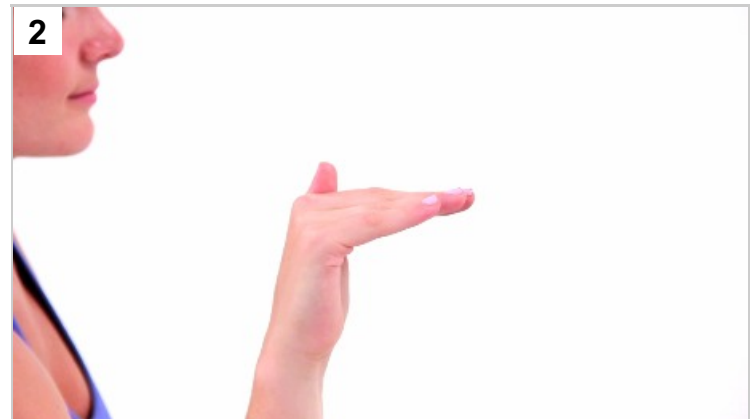
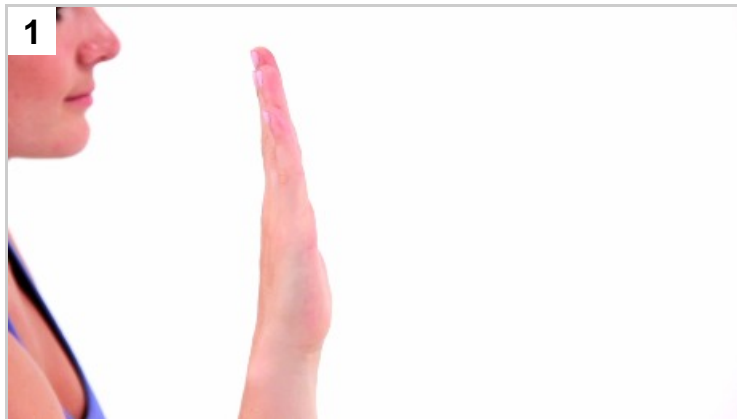
Finger MP Flexion AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting upright in a chair with your elbow resting on a table, your palm facing forward, and your fingers straight.

Movement

Slowly bend your fingers forward at your bottom knuckle, then back up and repeat.

Tip

Make sure to keep your wrist straight, and do not bend the other joints in your fingers.

Seated Finger Composite Flexion Extension

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin this exercise with your wrist and fingers straight.

Movement

Slowly bend the top two knuckles of your fingers downward. Pause, then return to the starting position and repeat.

Tip

Make sure to only move through a pain-free range of motion. Try to keep your wrist straight as you move your fingers.

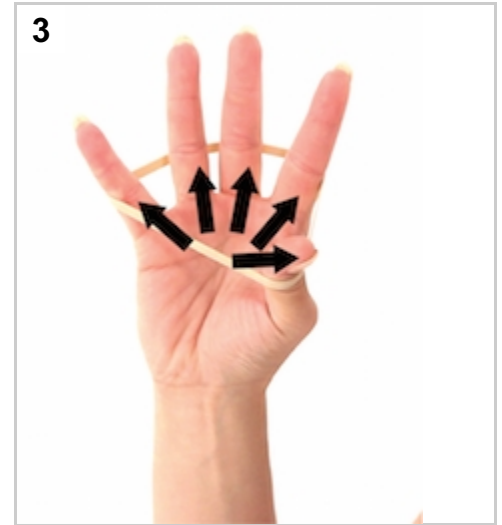
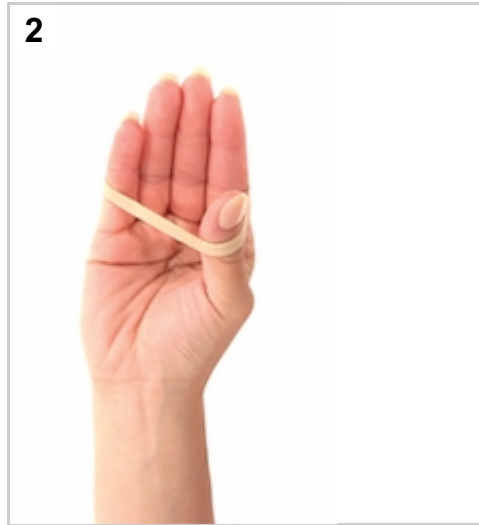
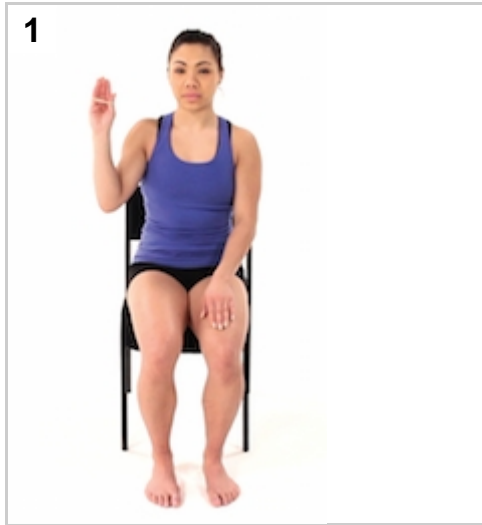
Resisted Finger Extension and Thumb Abduction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin this exercise with a rubber band secured around all four fingers and your thumb. Your hand should be slightly cupped.

Movement

Gently spread your fingers and thumb apart, then slowly return back to the starting position and repeat.

Tip

Make sure to keep your fingers and wrist as straight as you can during this exercise.

Seated Finger PIP AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by gently holding one finger just below the middle knuckle to prevent the rest of your finger from moving.

Movement

Slowly bend your finger downward, then return to the starting position and repeat.

Tip

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

Seated Finger DIP AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin by gently holding one finger just below the last knuckle to prevent the rest of your finger from moving.

Movement

Slowly bend the end of your finger downward, then return to the starting position and repeat.

Tip

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

Exercise List

Seated Wrist Extension Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Wrist Flexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Finger Spreading



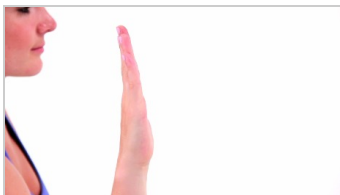
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Thumb Opposition



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Finger MP Flexion AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Finger Composite Flexion Extension



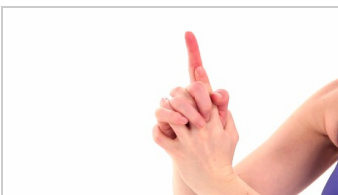
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Resisted Finger Extension and Thumb Abduction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Finger PIP AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Finger DIP AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Standing Hip Hinge

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin in a standing upright position with your hands on your hips.

Movement

Slowly bend forward at your hips.

Tip

Make sure to keep your back and knees straight during the exercise and only bend at your hips.

Squat

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

3-Way Lunge

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



3



4



Setup

Begin in a standing upright position.

Movement

Take a large step forward and lower yourself into a lunge position, then carefully return to the starting position. Repeat this motion stepping diagonally forward, and then sideways.

Tip

Make sure to keep your trunk steady and do not to let your knee collapse inward as you lunge.

Dynamic Straight Leg Kicks

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin in a standing upright position.

Movement

Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.

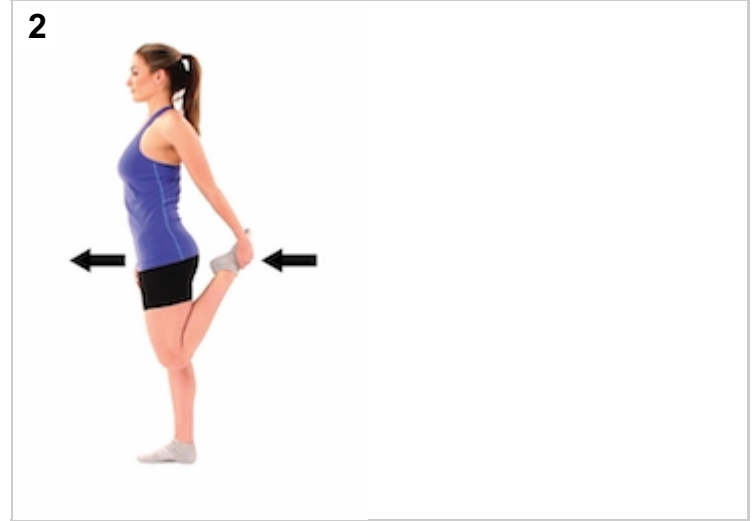
Standing Quadriceps Stretch

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

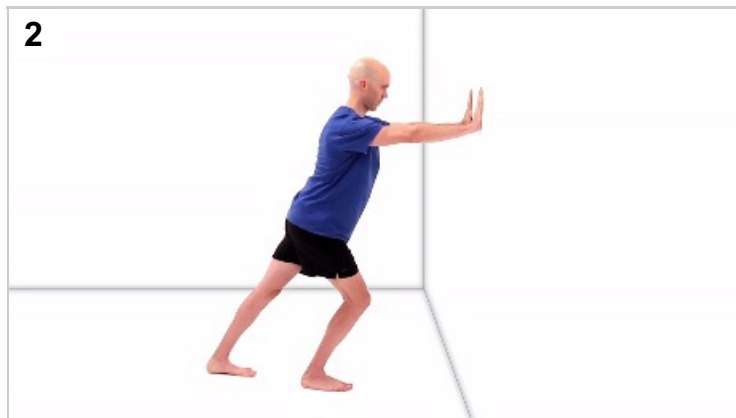
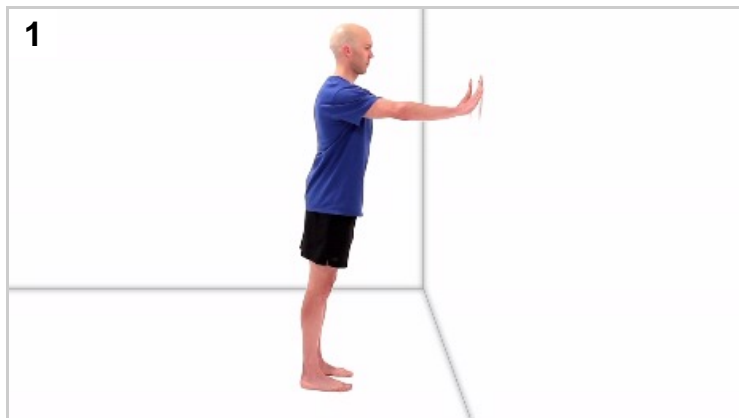
Gastroc Stretch on Wall

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Cat-Camel

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7

1



2



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Standing Shoulder Circumduction

REPS: 10

SETS: 1-3

DAILY: 1-3

1



2



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Place your hands together and raise your arms directly in front of your body, then move them up overhead. Next, separate your hands and let them lower down to your sides, keeping them parallel with your body. At the bottom of the movement, place your hands together and repeat.

Tip

Make sure to maintain an upright posture during the exercise.

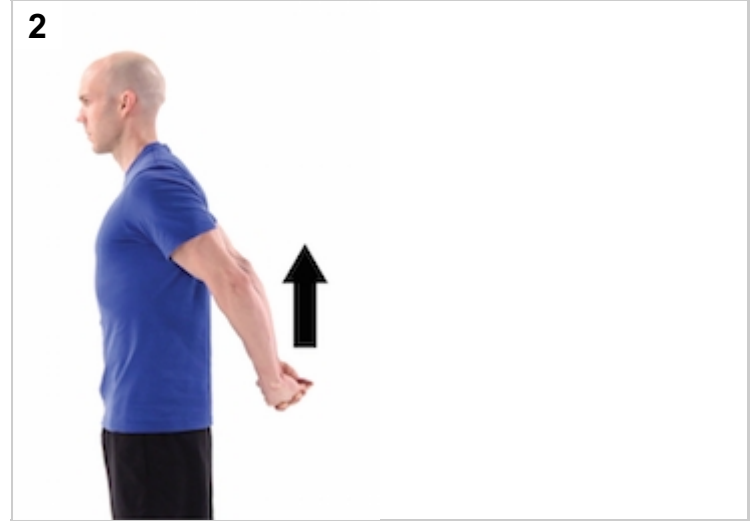
Chest and Bicep Stretch - Arms Behind Back

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position.

Movement

Clasp your hands behind your back and straighten your arms, then slowly raise them toward the ceiling. Hold when you feel a stretch in your chest and the front of your arms.

Tip

Make sure to keep your back straight during the exercise.

Standing Overhead Triceps Stretch

REPS: 1

SETS: 1-3

HOLD: 30-60SEC

DAILY: 1-3



Setup

Begin in a standing upright position.

Movement

Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your tricep. Hold this position.

Tip

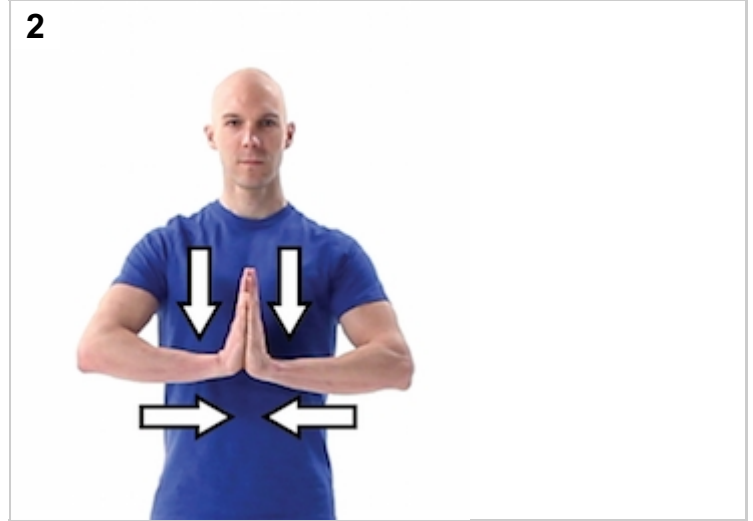
Make sure to keep your back straight during the exercise.

Wrist Prayer Stretch

REPS: 10

SETS: 1-3

DAILY: 1-3



Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

Standing Wrist Flexion Stretch

REPS: 1

SETS: 1-3

HOLD: 30SEC

DAILY: 1-3

1



2



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

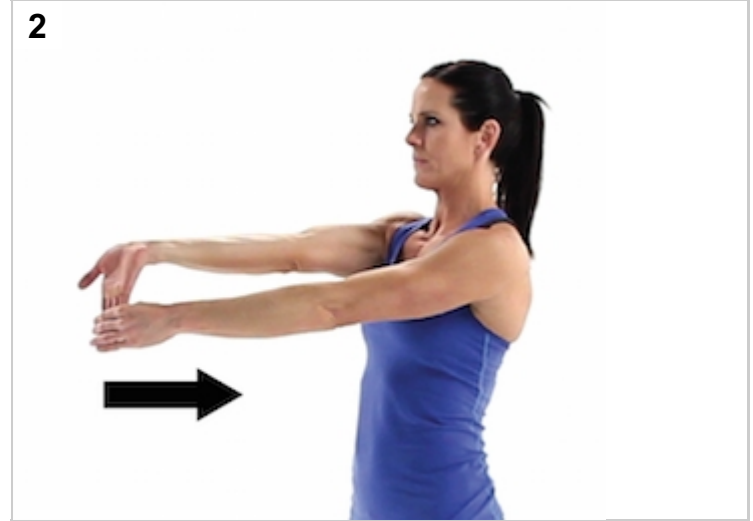
Standing Wrist Extension Stretch

REPS: 1

SETS: 1-3

HOLD: 30SEC

DAILY: 1-3



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

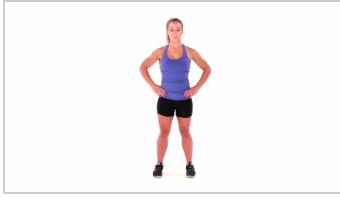
With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Exercise List

Standing Hip Hinge



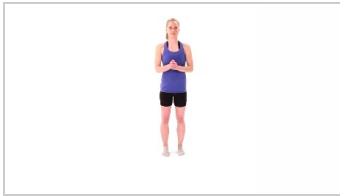
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-3														
DAILY: 1-3														

Squat



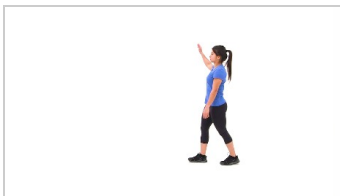
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REPS: 10														
SETS: 1-3														
DAILY: 1-3														

3-Way Lunge



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-3														
DAILY: 1-3														

Dynamic Straight Leg Kicks



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-3														
DAILY: 1-3														

Standing Quadriceps Stretch



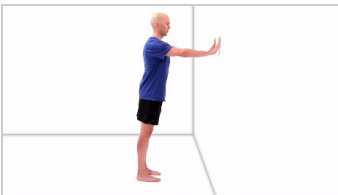
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REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Half Kneeling Hip Flexor Stretch



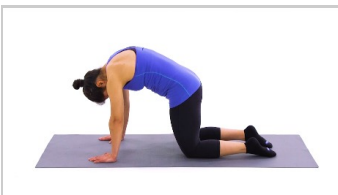
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Gastroc Stretch on Wall



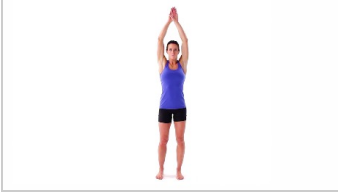
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Cat-Camel



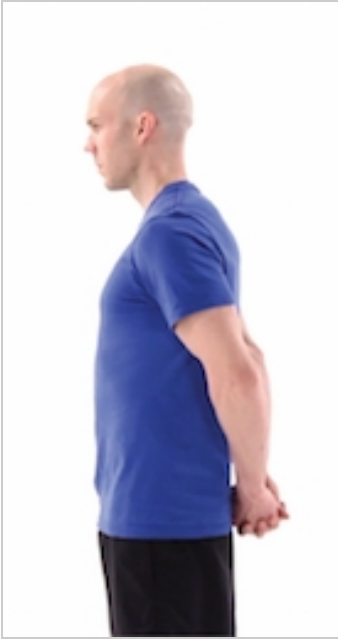
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 3														
DAILY: 1														

Standing Shoulder Circumduction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-3														
DAILY: 1-3														

Chest and Bicep Stretch - Arms Behind Back



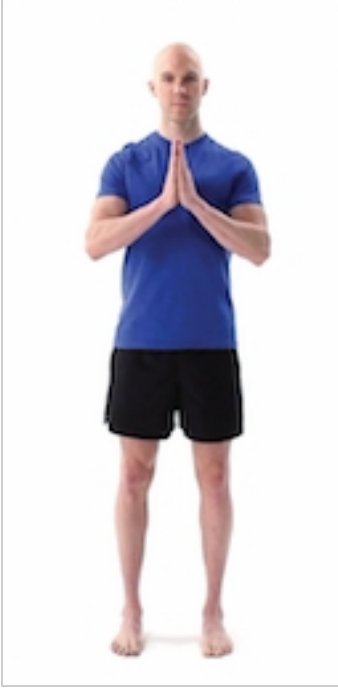
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Standing Overhead Triceps Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Wrist Prayer Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-3														
DAILY: 1-3														

Standing Wrist Flexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														

Standing Wrist Extension Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-3														
DAILY: 1-3														



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Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Cat-Camel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Supine Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

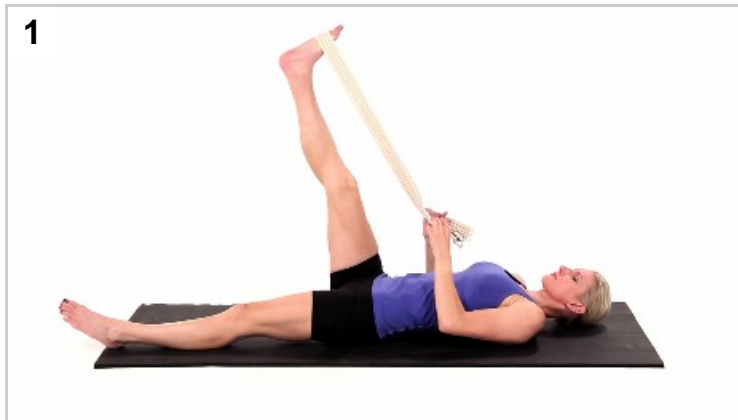
Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Hip Adductors and Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin by lying on your back with one leg straight, holding both ends of a strap secured around your other foot.

Movement

Use the strap to pull your leg up toward your body, then straighten your leg and let it slowly lower out to the side. You should feel a stretch in the inside of your thigh.

Tip

Make sure to keep your low back flat against the floor.

Supine Figure 4 Piriformis Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with both legs bent and your feet on the ground.

Movement

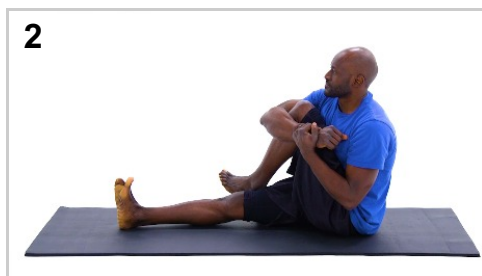
Lift one leg and place that ankle on your opposite knee, then apply a gentle pressure to your bent knee with your hand. You should feel a stretch in your buttocks.

Tip

Make sure to keep your low back flat on the floor during the stretch.

Seated Gluteal Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright with your legs straight forward.

Movement

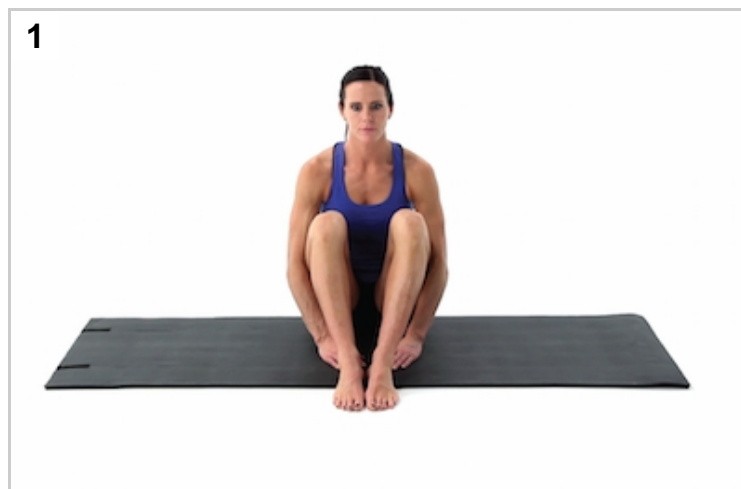
Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

Make sure to keep your hips seated on the ground and your back straight during the stretch.

Butterfly Groin Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin by sitting upright with your knees bent and soles of your feet together.

Movement

Using your arms, gently pull your heels toward your body until you feel a stretch in your groin and hold this position.

Tip

Make sure not to let your low back slouch.

Gluteus Mobilization with Foam Roll

REPS: 1	SETS: 2-3	HOLD: 45-60SEC ROLL	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting on a foam roller.

Movement

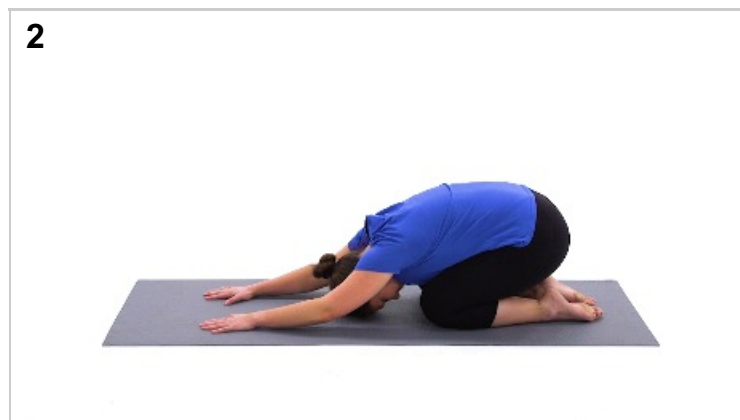
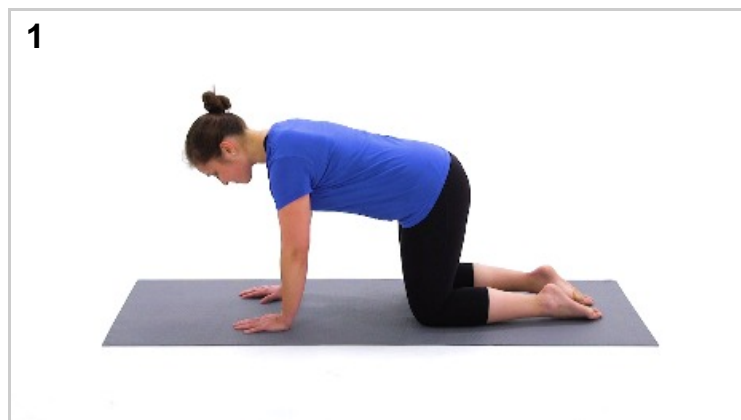
Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Child's Pose Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin on all fours.

Movement

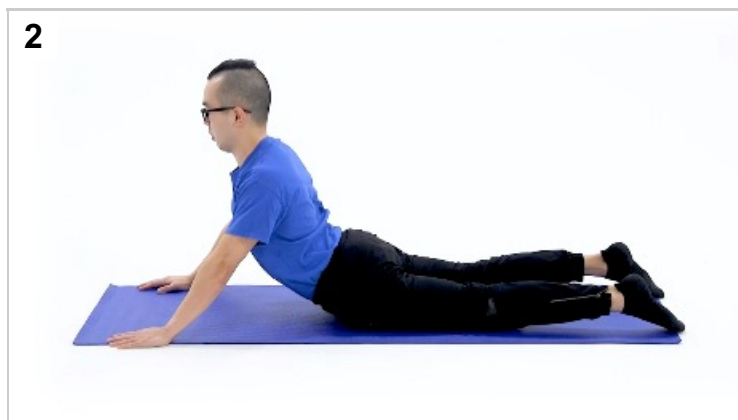
Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Prone Press Up

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Supine Lower Trunk Rotation

REPS: 10	SETS: 2-3	HOLD: 6-10SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your knees bent and feet resting on the floor.

Movement

Keeping your back flat, slowly rotate your knees down towards the floor until you feel a stretch in your trunk and hold.

Tip

Make sure that your back and shoulders stay in contact with the floor.

Supine Bridge

REPS: 10	SETS: 2-3	HOLD: 5SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Clamshell

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your side with your knees bent and your hips and shoulders stacked.

Movement

Engage your abdominals and raise your top knee up toward the ceiling, then slowly return to the starting position and repeat.

Tip

Make sure to keep your core engaged and do not roll your hips forward or backward during the exercise.

Exercise List

Cat-Camel



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Hamstring Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Hip Adductors and Hamstring Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Supine Figure 4 Piriformis Stretch



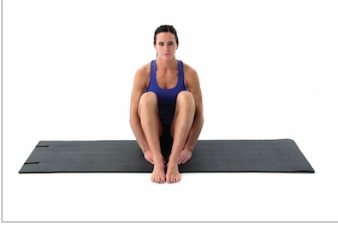
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Gluteal Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Butterfly Groin Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Gluteus Mobilization with Foam Roll



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Child's Pose Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Prone Press Up



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Supine Lower Trunk Rotation



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Bridge



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Clamshell



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Supine Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Seated Hamstring Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Perform this hamstring stretch if unable to perform supine stretch with strap.

Setup

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

Movement

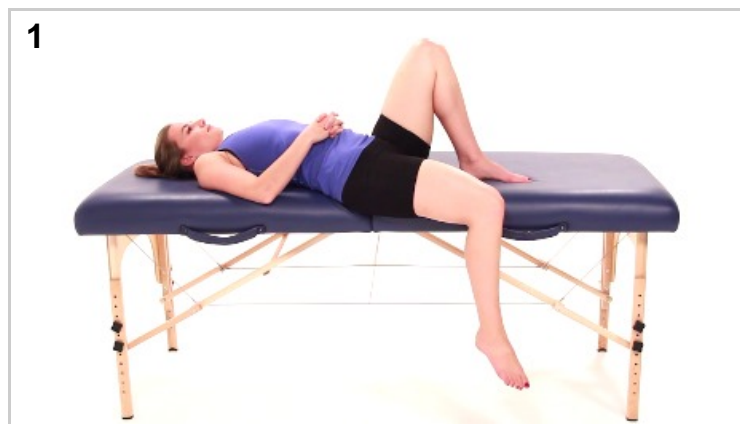
Bend your trunk forward, hinging at your hips until you feel a stretch in the back of your leg. Hold this position.

Tip

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

Hip Flexor Stretch at Edge of Bed

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying diagonally at the edge of table or bed, with the leg furthest from the edge bent.

Movement

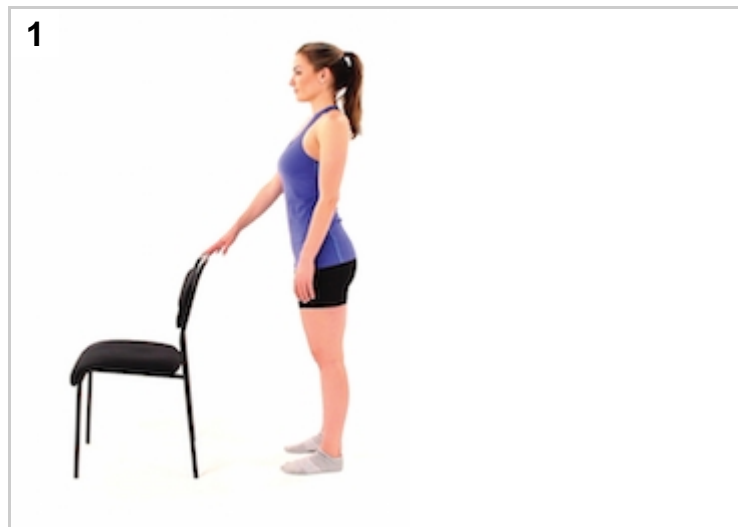
Leg your straight leg hang off the edge of the bed, then pull your bent leg toward your chest and hold. You should feel a stretch in front of the hip of your hanging leg.

Tip

Make sure to keep your upper body relaxed and do not to let your low back arch during the stretch.

Quadriceps Stretch with Chair

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Hip Hinge with Cone Pick-Up

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



You can use a water bottle or cup instead of a cone.

Setup

Begin in a standing upright position with a cone or other object on the floor in front of you.

Movement

Bend forward at your hips and reach down with one arm to pick up the cone, then return to the starting position. Put it back on the floor in the same way and repeat.

Tip

Make sure to keep your back straight during the exercise and only bend at your hips.

Dynamic Straight Leg Kicks

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position.

Movement

Step forward with one foot and slowly kick your other leg straight forward, reaching your opposite arm towards your toes. Repeat on the opposite side.

Tip

Make sure to keep your leg straight as you kick it forward and maintain your balance during the exercise.

Squat

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin standing upright with your feet slightly wider than shoulder width apart.

Movement

Bending at your knees and hips, squat down until your knees are close to a 90 degree angle, then straighten your legs and repeat.

Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

Supine Bridge

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Standing Knee Flexion

REPS: 10	SETS: 2-3	HOLD: 2SEC	DROP TIME: 5 SEC
DAILY: 1	WEEKLY: 4-7		



Setup

Begin in a standing upright position in front of a counter or stable surface for support with your surgical leg slightly bent and your toes resting on the ground.

Movement

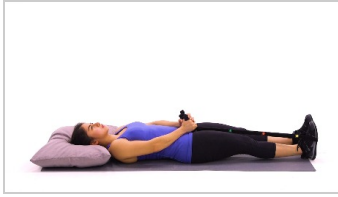
Slowly bend your knee, lifting the foot of your surgical leg off the ground. Hold briefly, then return to the starting position and repeat.

Tip

Make sure to maintain an upright posture and keep your movements slow and controlled.

Exercise List

Supine Hamstring Stretch with Strap



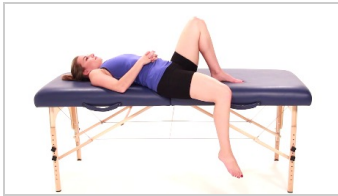
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Hamstring Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Hip Flexor Stretch at Edge of Bed



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Quadriceps Stretch with Chair



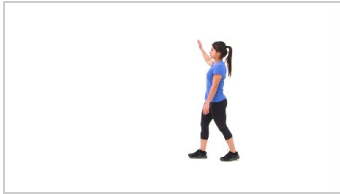
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Hip Hinge with Cone Pick-Up



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Dynamic Straight Leg Kicks



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Squat



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Bridge



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Standing Knee Flexion



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



Home Exercise Program Login Instructions

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Scan



Or

Visit

WorkCare.medbridgego.com

Access Code: **AHHAHQBY**

Two Ways to Access



Use the MedBridgeGO app

Access your home exercise program with our mobile app for iOS and Android.

- ▶ Search The App Store or Google Play for "**MedBridgeGO**".



Open in your browser

To access your home exercise programs.

By Accessing Online You Can

View your exercise videos

Interactive HD videos guide you with easy to follow instructions.

Learn about your condition

Gain a deeper understanding of your condition and the road to health recovery.

Track your progress

Keep track of your activity and progress throughout treatment and post care.

Clinician Notes

Access Code: AHHAHQBY

Day To Day

Causes

Prolonged Muscle Tension or Strain

Muscle Weakness &ndash Trying To

Do Too Much

Tight Hamstrings

“Altered Center of Gravity”

(gaining abdominal weight)

Poor Posture or Lifting Technique

Wear and Tear

(Disc or Bony Degeneration)

What To Do

1. Ice or Heat &ndash Warm Up, Walk or Hot Shower in the morning. Ice after exercise or work activity
2. Massage &ndash “Rub It Out”. For lower back, try a foam roller on hips, legs and back. Can increase bloodflow to the area and eliminate fascial restrictions.
3. Stretch &ndash Don’t Bounce, Slow Controlled Movements. It Should Not Hurt. Breathe Normally. Hold Each Stretch 30-60 seconds. Stretch Both Sides. Perform Stretches Twice Per Day.
4. Improve Posture &ndash Practice Good Posture and Form. Whether Standing, Sitting or Lifting. Don’t sleep on your stomach. Take periodic breaks. Change positions. Get up and move.
5. Strengthen &ndash Strengthening the involved area can increase stamina, resistance to strains, improve balance, posture and reduce injury.
6. Think Like An Athlete. Think of your body as your moneymaker. Warmup. Strengthen. Take Breaks. Stretch. Recover. Repeat.

Cat-Camel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Supine Lower Trunk Rotation

REPS: 10	SETS: 2-3	HOLD: 2	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your feet flat on the floor and your arms straight out to your sides.

Movement

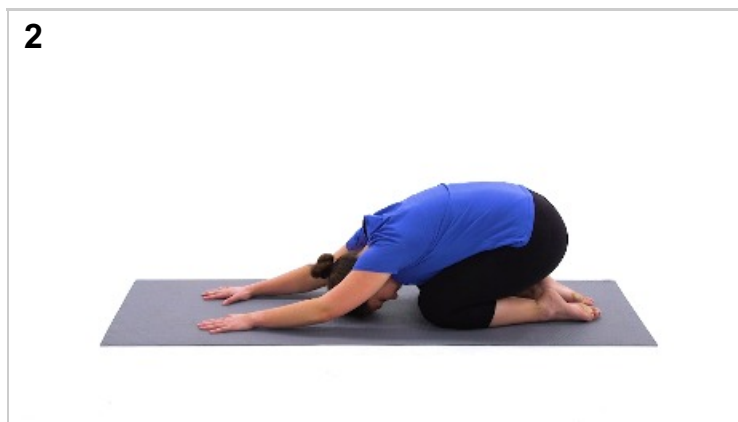
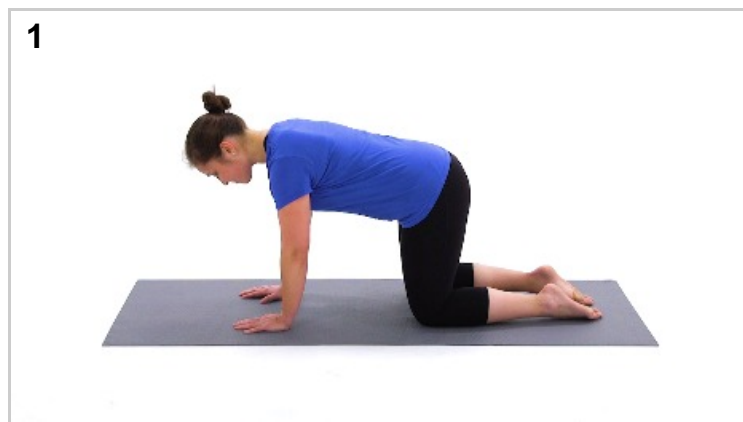
Lower your knees to one side, return to center, and repeat on the other side.

Tip

Make sure to activate your core muscles and keep both of your shoulders in contact with the ground throughout the exercise.

Child's Pose Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin on all fours.

Movement

Sit your hips back while reaching your arms overhead and lowering your chest to the ground. Hold this position.

Tip

Make sure to relax into the pose and try to sit your bottom back to your heels as much as possible.

Supine Double Knee to Chest Advanced

REPS: 3	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Please discontinue if pain is recreated.

Setup

Begin lying on your back with your knees bent and feet resting flat on the floor.

Movement

Using your hands, slowly pull your knees toward your chest and curl your head toward your knees until you feel a gentle stretch in your lower back. Repeat.

Tip

Make sure to keep your back relaxed during the activity.

Supine Lumbar Rotation Stretch

REPS: 3	SETS: 2-3	HOLD: 45	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your legs straight and arms to your sides.

Movement

Bring one knee toward your chest, then lower it to the ground on one side of your body and hold. You should feel a stretch in your lower back and hip.

Tip

Make sure to keep your upper body on the floor.

Supine Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-45 SECONDS	DAILY: 1
WEEKLY: 4-7			



Strap can be substituted by a bath towel or a partner.

Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

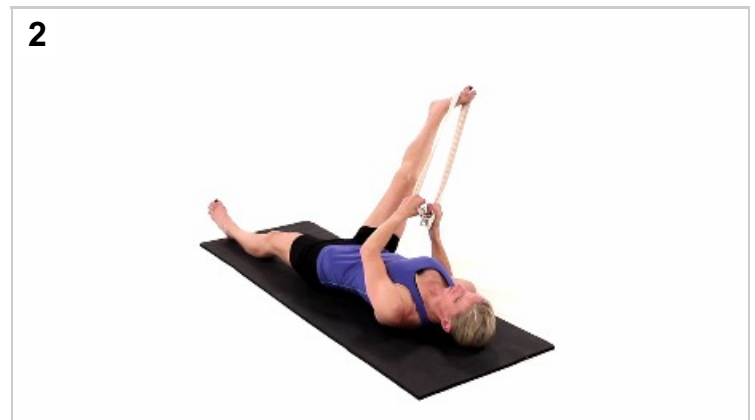
Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Hip Adductors and Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin by lying on your back with one leg straight, holding both ends of a strap secured around your other foot.

Movement

Use the strap to pull your leg up toward your body, then straighten your leg and let it slowly lower out to the side. You should feel a stretch in the inside of your thigh.

Tip

Make sure to keep your low back flat against the floor.

Half Kneeling Hip Flexor Stretch

REPS: 1	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

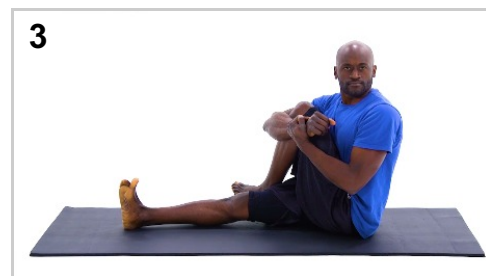
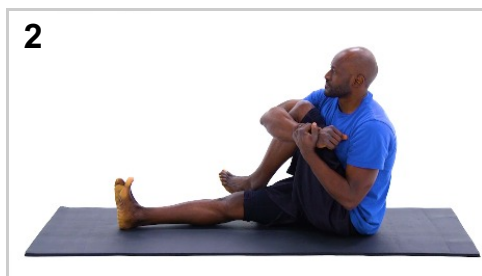
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Seated Gluteal Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright with your legs straight forward.

Movement

Bring one knee toward your chest, placing your foot on the outside of your opposite leg. Hug your knee with your opposite arm as you slowly rotate your torso until you feel a gentle stretch in your hip. Hold this position.

Tip

Make sure to keep your hips seated on the ground and your back straight during the stretch.

Prone Press Up

REPS: 1	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

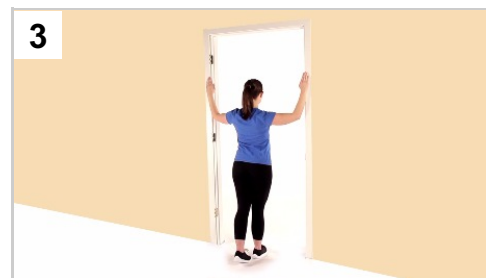
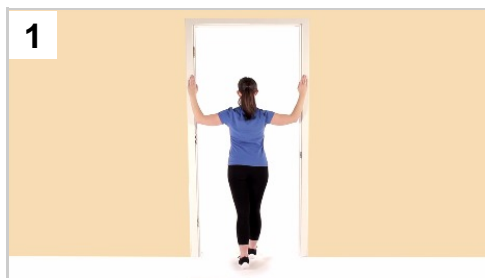
Push against the floor with your hands, bending your back upward.

Tip

Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-45SECONDS	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

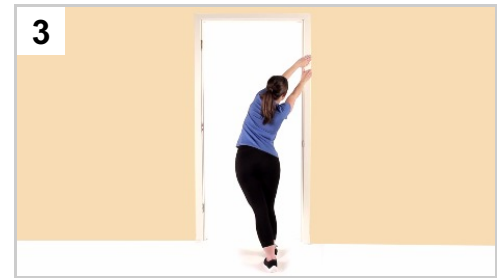
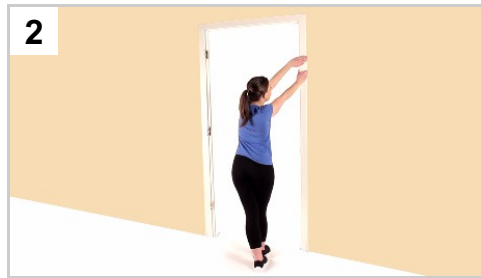
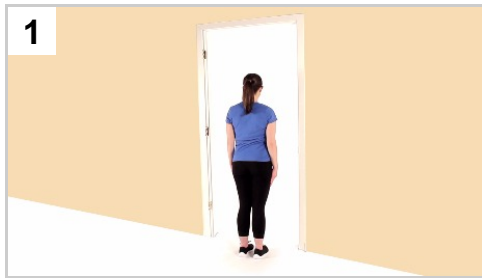
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Standing Quadratus Lumborum Stretch with Doorway

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

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

Movement

Cross your outside leg behind the other and hold onto the doorframe, then slowly lean your hips away until you feel a gentle stretch along the side of your body.

Tip

Make sure to maintain a gentle stretch and only move in a comfortable range.

Gluteus Mobilization with Foam Roll

REPS: 1	SETS: 2-3	HOLD: 45-60SEC ROLL	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting on a foam roller.

Movement

Lean back and slightly toward one side, using your arms for stabilization, then roll yourself back and forth over the foam roller.

Tip

Make sure to keep your movements slow and controlled.

Supine Bridge

REPS: 10	SETS: 2-3	HOLD: 5SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your back with your arms resting at your sides, your legs bent at the knees and your feet flat on the ground.

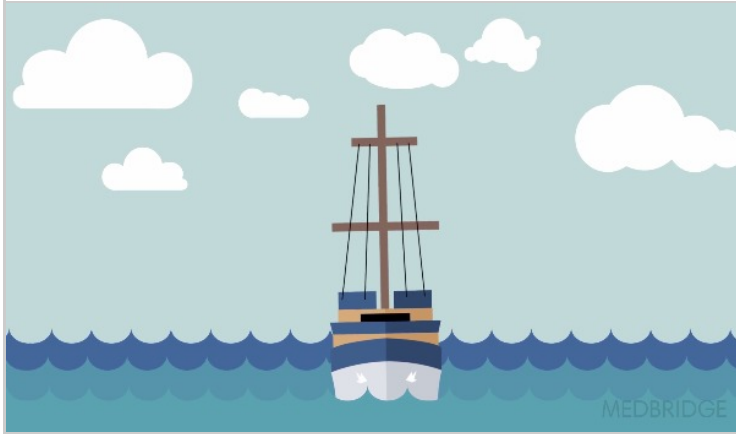
Movement

Tighten your abdominals and slowly lift your hips off the floor into a bridge position, keeping your back straight.

Tip

Make sure to keep your trunk stiff throughout the exercise and your arms flat on the floor.

Low Back Pain



Your spine is like a mast on a ship.



Low impact exercise relieves low back pain.

El dolor lumbar es una afección extremadamente común: aproximadamente el 80 % de los adultos lo experimentan en algún momento de su vida. Afortunadamente, la mayoría de los dolores de espalda desaparecen de cuatro a seis semanas por sí solos con un buen cuidado personal. Su columna es como el mástil de un barco. Los músculos que se adhieren a la columna son las cuerdas que sostienen el mástil y evitan que se doble y se vuelva inestable. Si los músculos que sostienen están débiles o desequilibrados, la columna vertebral experimenta mucho estrés. Al fortalecer estos músculos, usted puede aliviar la presión de la columna y reducir el dolor de espalda. ¡La forma más eficaz de aliviar y prevenir su dolor de espalda es mantenerse activo! Al estirarse, nadar, caminar y practicar otros ejercicios de bajo impacto, está ayudando a mantener los músculos que sostienen la columna vertebral flexibles y fuertes. La causa de la mayoría de los dolores de espalda no se debe a una afección subyacente grave y rara vez son necesarias pruebas de imagen como resonancias magnéticas y radiografías. Si bien los casos graves son poco frecuentes, debe comunicarse con su proveedor de atención médica de inmediato si experimenta síntomas persistentes e inusuales como pérdida de peso inesperada, fiebre, dolor de espalda que dura más de 4 semanas o cambios repentinos en la función de los intestinos y la vejiga. Su proveedor de atención médica le ayudará a decidir cuál es la mejor opción de tratamiento. Recuerde, el dolor lumbar se puede resolver con actividad física diaria y una actitud positiva. ¡Mientras más pronto empiece a moverse, más pronto se sentirá mejor!

Exercise List

Cat-Camel



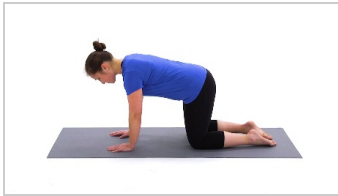
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Lower Trunk Rotation



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Child's Pose Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Supine Double Knee to Chest Advanced



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 3														
SETS: 2-3														
DAILY: 1														

Supine Lumbar Rotation Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 3														
SETS: 2-3														
DAILY: 1														

Supine Hamstring Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Hip Adductors and Hamstring Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Half Kneeling Hip Flexor Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Gluteal Stretch



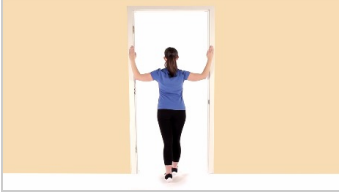
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Prone Press Up



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Doorway Pec Stretch at 90 Degrees Abduction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Standing Quadratus Lumborum Stretch with Doorway



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Gluteus Mobilization with Foam Roll



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Supine Bridge



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Cat-Camel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin on all fours with your arms directly under your shoulders and knees bent 90 degrees.

Movement

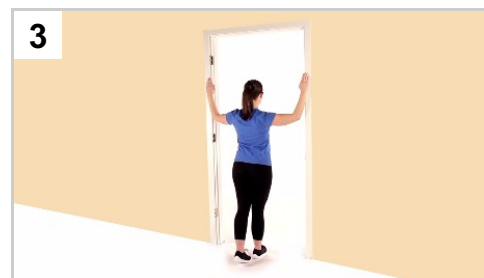
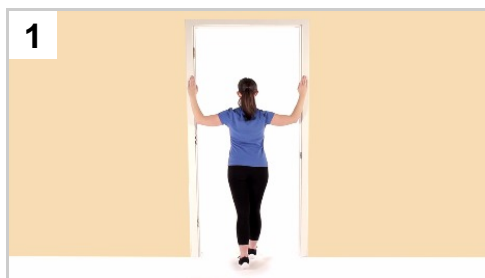
Slowly round your back up toward the ceiling, then let it sag down to the floor while looking up, and repeat.

Tip

Make sure to use your entire back for the motion and keep your movements slow and controlled.

Doorway Pec Stretch at 90 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

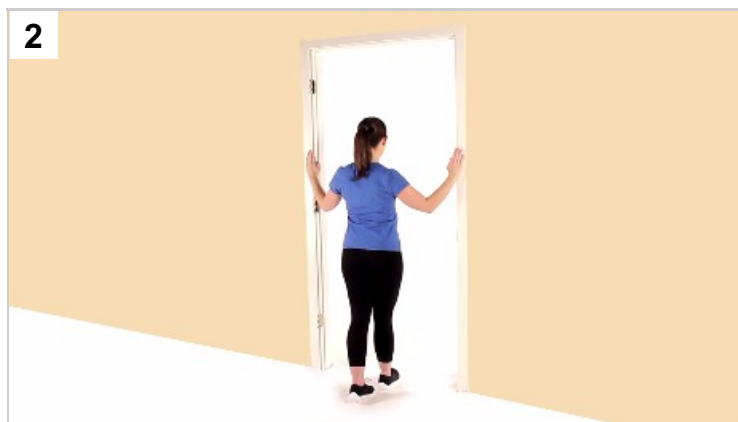
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Doorway Pec Stretch at 60 Elevation

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

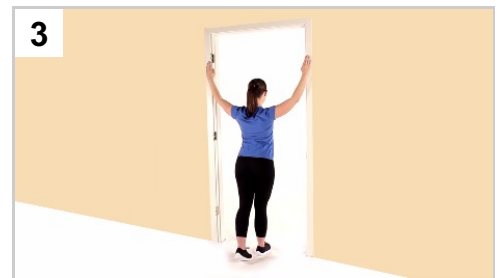
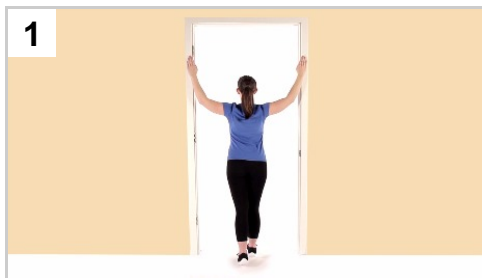
With your elbows bent, place your forearms on the sides of the doorway at roughly a 60 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Doorway Pec Stretch at 120 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

With your elbows bent, place your hands on the sides of the doorway at roughly a 120 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Seated Thoracic Lumbar Extension

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a sitting upright position with your arms crossed over your chest.

Movement

Slowly arch your trunk backwards and hold, then return to an upright position and repeat.

Tip

Keep your movements slow and controlled. Do not move through pain.

Sidelying Thoracic Rotation with Open Book

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



3



Setup

Begin lying on your side with your legs bent at a 75 degree angle and your arms together straight in front of you on the ground.

Movement

Slide your top hand back and forth over your bottom hand 5 times, rotating your shoulders. Then, lift your top arm straight up and over to the floor on your other side.

Tip

Make sure to keep your knees together and only rotate your back and upper arm. Your hips should stay facing forward.

Standing Lower Cervical and Upper Thoracic Stretch

REPS: 1	SETS: 2-3	HOLD: 30-45 SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing position. Clasp your hands in front of your body with your arms straight.

Movement

Slowly roll your head downward, bend your shoulders forward, and lift your arms until you feel a stretch in your lower neck and upper back. Think about pulling your shoulder blades apart.

Tip

Make sure not to slouch your lower back during the stretch.

Quadruped Thoracic Rotation - Reach Under

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin on all fours.

Movement

Slowly reach one arm under your trunk, allowing your upper body to rotate toward that side.

Tip

Make sure to keep your hips level during the exercise.

Thoracic Mobilization on Foam Roll

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Lie on your back with a foam roller positioned horizontally across your mid back, and arms crossed in front of your body. Bend your knees so your feet are resting flat on the floor.

Movement

Slowly roll back and forth over the foam roller.

Tip

Do not allow your low back to arch during the exercise.

Supine Chest Stretch on Foam Roll

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin lying with your knees bent and a foam roll positioned vertically along the middle of your back, hands resting on your stomach.

Movement

Slowly move your arms straight out to your sides, then return to the starting position and repeat.

Tip

Make sure your back is laying flat against the foam roll.

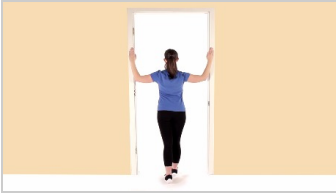
Exercise List

Cat-Camel



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Doorway Pec Stretch at 90 Degrees Abduction



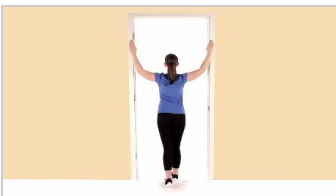
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Doorway Pec Stretch at 60 Elevation



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Doorway Pec Stretch at 120 Degrees Abduction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Thoracic Lumbar Extension



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Sidelying Thoracic Rotation with Open Book



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Standing Lower Cervical and Upper Thoracic Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Quadruped Thoracic Rotation - Reach Under



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Thoracic Mobilization on Foam Roll



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Supine Chest Stretch on Foam Roll



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Track your progress

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Quadriceps Stretch with Chair

REPS: 1	SETS: 2-3	HOLD: 30-60 SEC	DAILY: 2-3
WEEKLY: 4-7			



Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Seated Hamstring Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60 SEC	DAILY: 2-3
WEEKLY: 4-7			



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.

Prone Quad Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 2-3
WEEKLY: 4-7			



Do in place of standing quad stretch if able. Replace strap with long bath towel.

Setup

Begin lying on your stomach with a belt or towel around your ankle.

Movement

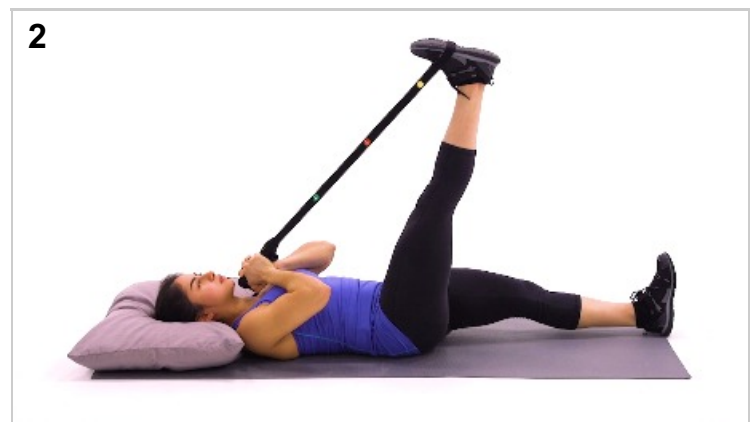
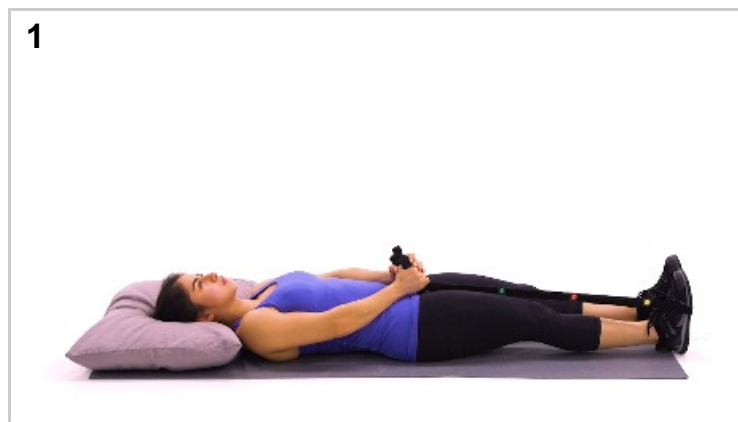
Pull on the opposite end of the belt to bend your knee until you feel a gentle stretch in the front of your hip and thigh, and hold.

Tip

Make sure to keep your hips and stomach flat and do not arch your back during the stretch.

Supine Hamstring Stretch with Strap

REPS: 1	SETS: 2-3	HOLD: 30-60 SEC	DAILY: 2-3
WEEKLY: 4-7			



Do in place of seated hamstring stretch. Substitute strap for long towel.

Setup

Begin lying on your back with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Use the strap to pull your leg up toward your body until you feel a gentle stretch in the back of your upper leg. Hold this position.

Tip

Make sure to keep your other leg straight on the ground during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 2-3
WEEKLY: 4-7			



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

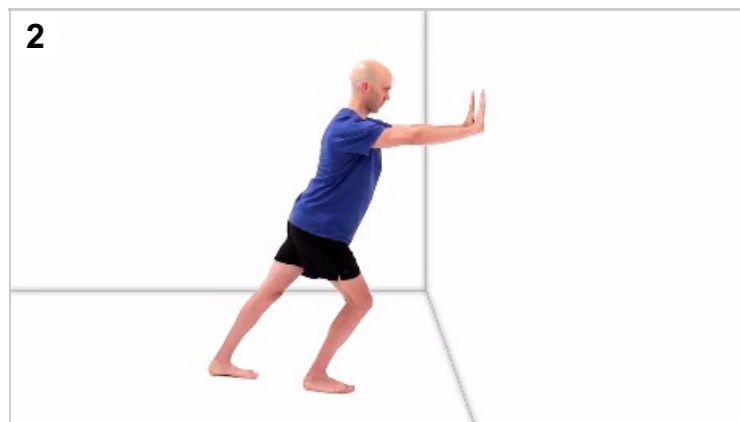
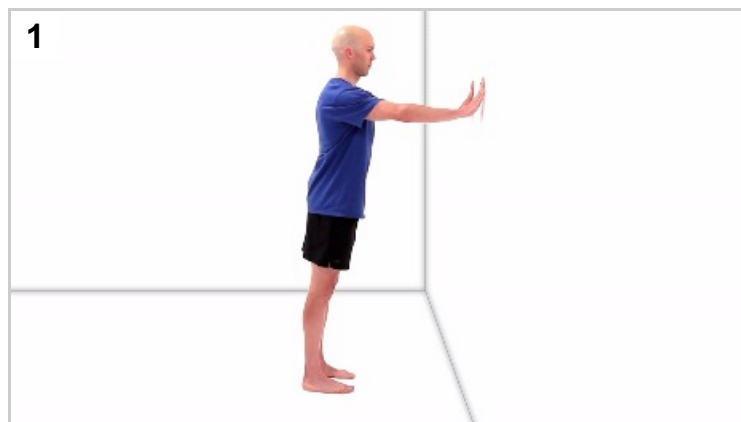
Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Gastroc Stretch on Wall

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 2-3
WEEKLY: 4-7			



Setup

Begin in a standing upright position in front of a wall.

Movement

Place your hands on the wall and extend one leg straight backward, bending your front leg, until you feel a stretch in the calf of your back leg and hold.

Tip

Make sure to keep your heels on the ground and back knee straight during the stretch.

Longsitting Quad Mobilization with Stick

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin sitting upright on the floor holding a massage stick on top of your thigh.

Movement

Slowly roll the massage stick up and down your leg until you feel a stretch or muscle release. Hold briefly on any tight spots, then continue rolling.

Tip

Make sure to keep your leg relaxed and use just enough pressure that you feel a stretch, but no pain.

Seated Long Arc Quad

REPS: 10	SETS: 2-3	HOLD: 2 SEC	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

Slowly straighten one knee so that your leg is straight out in front of you. Hold, and then return to starting position and repeat.

Tip

Make sure to keep your back straight during the exercise.

Runner's Climb

REPS: 10

SETS: 2-3

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position with one foot on the edge of a step in front of you.

Movement

Drive your opposite knee up toward your chest, hold briefly, then slowly lower your leg back to the starting position and repeat.

Tip

Make sure to keep your chest upright and squeeze the gluteal muscles on your stance leg to help maintain your balance.

Backward Step Up

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin standing in front of a step.

Movement

Slowly step backward onto the step with one foot, then follow with your other foot. Return to the starting position and repeat.

Tip

Make sure to maintain your balance during the exercise and do not let your knee collapse inward.

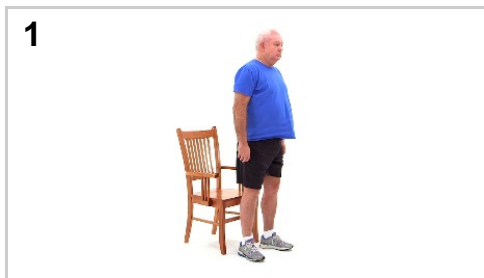
Eccentric Squat

REPS: 10

SETS: 3

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position in front of a chair.

Movement

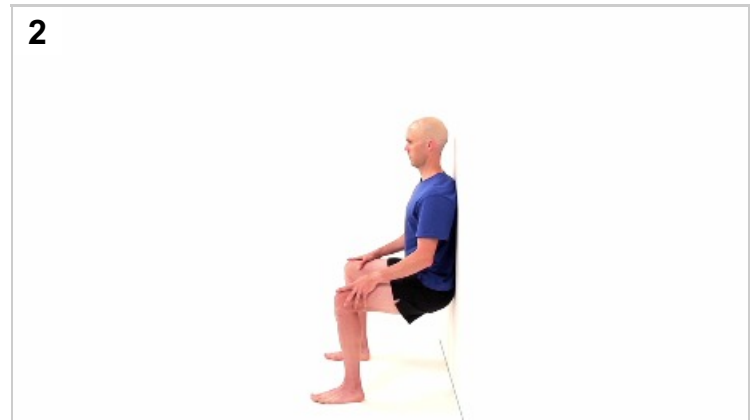
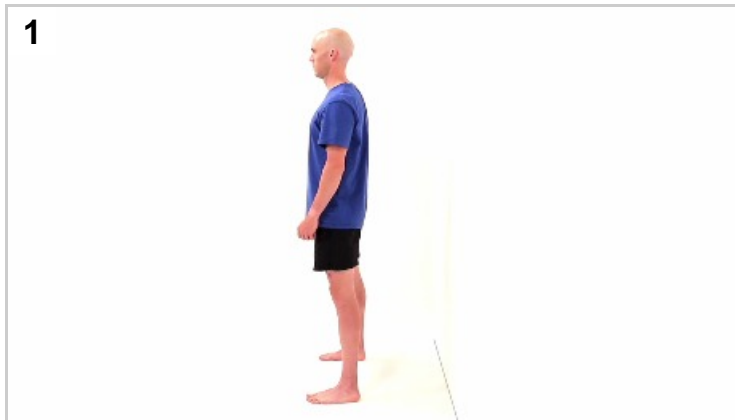
Bending your hips and knees, lower your body to a seated position as slowly as possible. Return to the starting position using the armrests and repeat.

Tip

Make sure to keep your back straight and maintain your balance during the exercise. Do not let your knees move forward over your toes.

Wall Squat

REPS: 10	SETS: 2-3	HOLD: 30-60 SEC	DAILY: 1-2
WEEKLY: 4-7			



discontinue if knee pain returns.

Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

Exercise List

Quadriceps Stretch with Chair



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

Seated Hamstring Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

Prone Quad Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

Supine Hamstring Stretch with Strap



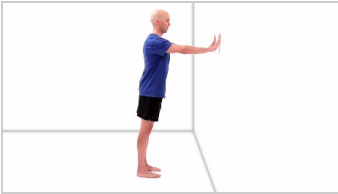
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

Half Kneeling Hip Flexor Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

Gastroc Stretch on Wall



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 2-3														

Longsitting Quad Mobilization with Stick



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 3														
DAILY: 1														

Seated Long Arc Quad



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Runner's Climb



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														

Backward Step Up



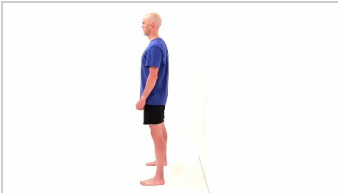
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 3														
DAILY: 1														

Eccentric Squat



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 3														
DAILY: 1														

Wall Squat



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1-2														



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Quadriceps Stretch with Chair

REPS: 1	SETS: 1-2	HOLD: 30-60 SEC	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin in a standing upright position holding onto a stable surface for support.

Movement

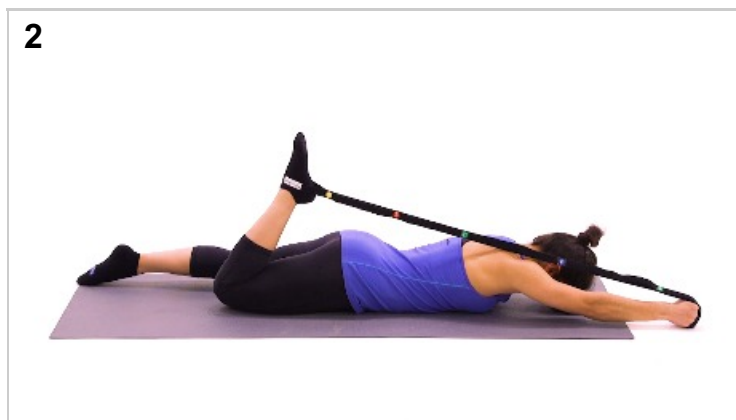
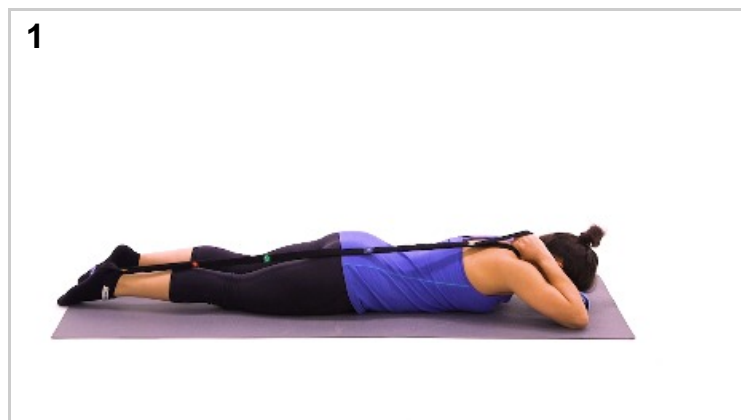
Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

Tip

Make sure to keep your back straight and maintain your balance during the stretch.

Prone Quadriceps Stretch with Strap

REPS: 1	SETS: 1-2	HOLD: 30-60SEC	DAILY: 1-1
WEEKLY: 4-7			



Setup

Begin lying on your front with your legs straight, holding the end of a strap that is looped around one foot.

Movement

Pull the end of the strap over your shoulder on the same side of your body, bending your knee, until you feel a gentle stretch in your thigh.

Tip

Do not let your low back arch during the stretch.

Half Kneeling Hip Flexor Stretch

REPS: 1	SETS: 1-2	HOLD: 30-60 SEC	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin in a half kneeling position with one knee bent in front of your body.

Movement

Tighten your abdominals, tilt your pelvis backward, and gently push your hips forward. You should feel a stretch in the front of your hip.

Tip

Make sure to keep your hips facing forward and back straight during the exercise.

Standing Hamstring Stretch on Chair

REPS: 1	SETS: 1-2	HOLD: 30-60 SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position with a chair or step in front of your body.

Movement

Lift one leg to rest your heel on the chair with a very slight bend in your knee. Bending at your hips, lean your trunk forward until you feel a stretch in the back of your upper leg and hold.

Tip

Make sure to keep your back straight during the stretch.

Supine Quadricep Sets

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7



Setup

Begin lying on your back on a bed or flat surface with your legs straight.

Movement

Tighten the muscles in the thigh of your surgical leg as you straighten your knee. Hold, then relax and repeat.

Tip

Make sure to keep your toes pointing toward the ceiling during the exercise. Try to flatten the back of your knee towards the bed.

Prone Quadriceps Set with Towel Roll

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin lying on your front with your head resting on your hands and one ankle resting on a rolled towel.

Movement

Tighten the muscles in your thigh, straightening your leg, then relax and repeat.

Tip

Make sure not to arch your low back during the exercise.

Active Straight Leg Raise with Quad Set

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7



Setup

Begin lying on your back with one knee bent and your other leg straight

Movement

Squeeze the thigh muscles in your straight leg and flex your foot, then slowly lift your leg until it is parallel with your other thigh. Lower your leg back to the starting position and repeat.

Tip

Make sure to keep your back flat against the floor during the exercise.

Squat with Chair Support

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7



Setup

Begin in a standing upright position with your hands resting on the back of a chair in front of you for support.

Movement

Bending at your knees and hips, squat down as far as is comfortable.

Tip

Make sure to keep your back straight during the exercise and maintain your balance. Your knees should not move forward past your toes during the squat.

Step Up

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin standing with a small step or platform in front of you.

Movement

Step up onto the platform with one foot then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise and do not let your knee bend forward past your toe as you step up.

Lateral Step Ups

REPS: 10

SETS: 1-2

DAILY: 1-2

WEEKLY: 4-7

1



2



Setup

Begin standing with a small step or platform at one side.

Movement

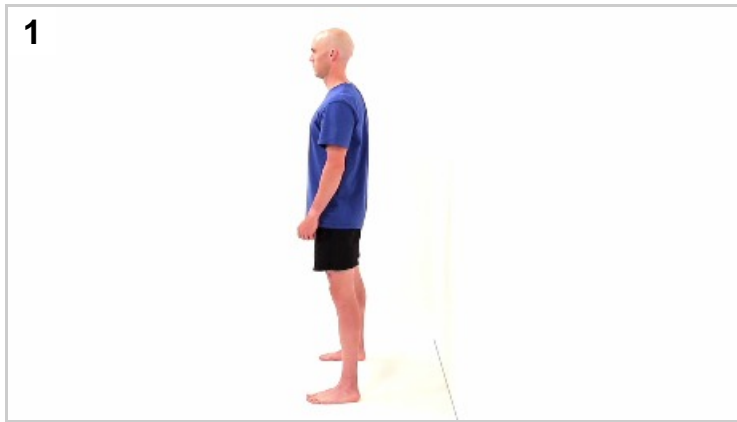
Step up onto the platform with the foot closest to the platform, then follow with your other foot. Return back down to the starting position and repeat.

Tip

Make sure to maintain good posture during the exercise. Don't let your body twist as you step up.

Wall Squat

REPS: 1	SETS: 1-2	HOLD: 20-60	DAILY: 1-2
WEEKLY: 4-7			



Setup

Begin in a standing upright position in front of a wall with your feet slightly wider than shoulder width apart.

Movement

Lean back into a squat against the wall with your knees bent to 90 degrees, and hold this position.

Tip

Make sure your knees are not bent forward past your toes and keep your back flat against the wall during the exercise.

Quadriceps Mobilization with Foam Roll

REPS: 1	SETS: 1-2	DURATION: 45-60SEC	DAILY: 1-2
WEEKLY: 47			



Setup

Begin in a plank position with a foam roll placed directly under your thighs.

Movement

Slowly lift your feet off the floor, then roll back and forth over the foam roll.

Tip

Make sure to keep your thigh muscles relaxed during the exercise.

Exercise List

Quadriceps Stretch with Chair



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-2														
DAILY: 1-2														

Prone Quadriceps Stretch with Strap



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-2														
DAILY: 1-1														

Half Kneeling Hip Flexor Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-2														
DAILY: 1-2														

Standing Hamstring Stretch on Chair



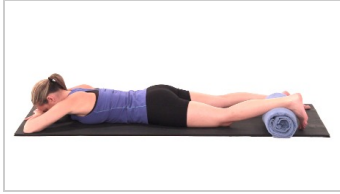
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-2														
DAILY: 1														

Supine Quadricep Sets



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1-2														

Prone Quadriceps Set with Towel Roll



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1-2														

Active Straight Leg Raise with Quad Set



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1-2														

Squat with Chair Support



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1-2														

Step Up



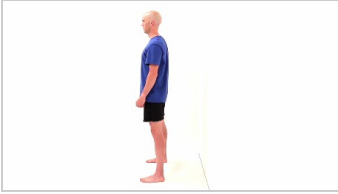
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1-2														

Lateral Step Ups



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 1-2														
DAILY: 1-2														

Wall Squat



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-2														
DAILY: 1-2														

Quadriceps Mobilization with Foam Roll



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 1-2														
DAILY: 1-2														



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Circular Shoulder Pendulum with Table Support

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing position with your trunk bent forward, one arm resting on a table for support and your other arm hanging toward the ground.

Movement

Slowly shift your body weight in a circular motion, letting your hanging arm swing in a circle at the same time.

Tip

Make sure the movement comes from your body shifting and do not use your arm muscles to create the circular motion.

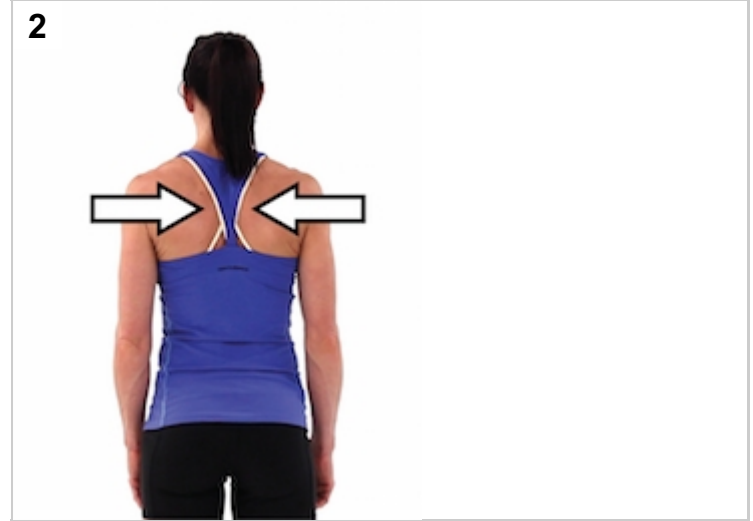
Standing Scapular Retraction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Gently squeeze your shoulder blades together, then relax them and repeat.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Standing Shoulder Posterior Capsule Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position.

Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Standing Shoulder Scaption

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position with your arms resting at your sides.

Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

Shoulder External Rotation and Scapular Retraction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in an upright standing position with your arms by your sides. Bend your elbows to approximately 90 degrees with your palms up.

Movement

Slowly rotate your forearms out to the side. As you do so, pinch your shoulder blades down and back together. Pause briefly, then return to the starting position and repeat.

Tip

Make sure that you keep the bend in your elbows as you rotate your arms. Avoid shrugging your shoulders.

Shoulder Flexion Wall Walk

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position with your arms straight and your hands resting on a wall at shoulder height.

Movement

Slowly walk your hands up the wall one at a time.

Tip

Make sure to keep your body straight during the exercise. Only walk your hands as far as you can without feeling any pain.

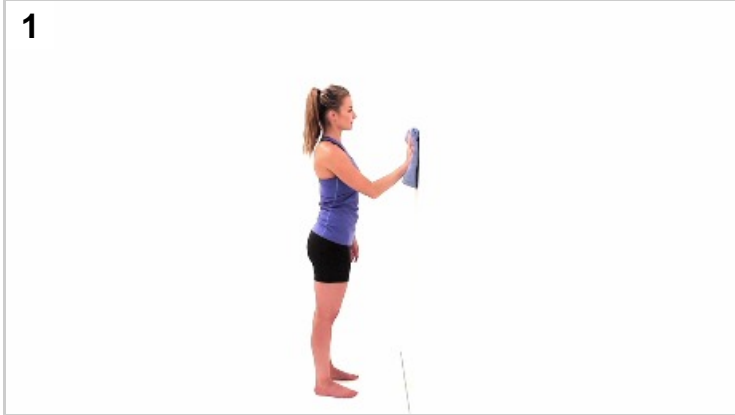
Shoulder Flexion Wall Slide with Towel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing upright position holding a towel against a wall at shoulder height.

Movement

Slowly slide the towel straight up the wall, straightening your elbow. Then lower it back down, and repeat.

Tip

Make sure to keep your back straight during the exercise and only raise your arm as far as you can without causing pain.

Prone Single Arm Shoulder Y

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Being lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm forward and up toward the ceiling. Slowly lower your arm down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Prone Shoulder Horizontal Abduction

REPS: 10	SETS: 2-3	HOLD: 2SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin lying on your front with your arm hanging off the edge of a table or bed.

Movement

Keeping your elbow straight and thumb pointing up, raise your arm out to your side at a 90 degree angle. Slowly lower your arm back down, then repeat the movement.

Tip

Make sure not to arch your back as you lift your arm. Keep your thumb up throughout the exercise.

Exercise List

Circular Shoulder Pendulum with Table Support



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Standing Scapular Retraction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Standing Shoulder Posterior Capsule Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Standing Shoulder Scaption



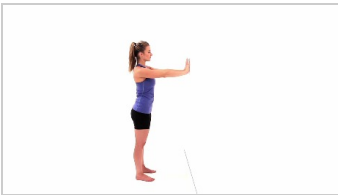
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Shoulder External Rotation and Scapular Retraction



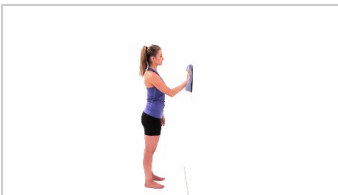
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Shoulder Flexion Wall Walk



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Shoulder Flexion Wall Slide with Towel



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Prone Single Arm Shoulder Y



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Prone Shoulder Horizontal Abduction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Doorway Pec Stretch at 90 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

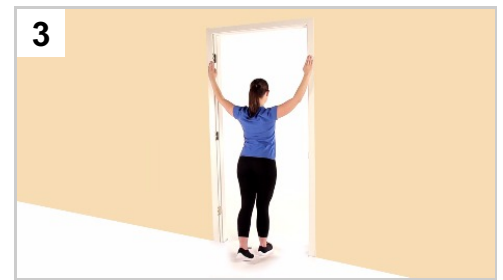
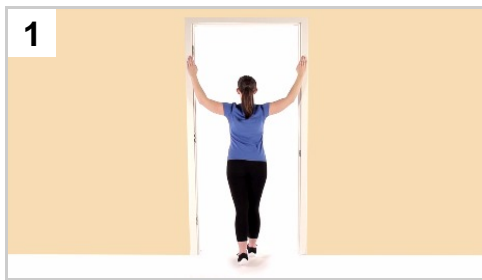
With your elbows bent, place your forearms on the sides of the doorway at a 90 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Doorway Pec Stretch at 120 Degrees Abduction

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

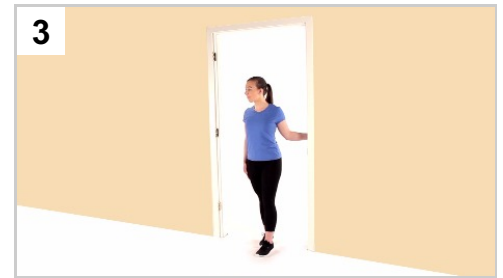
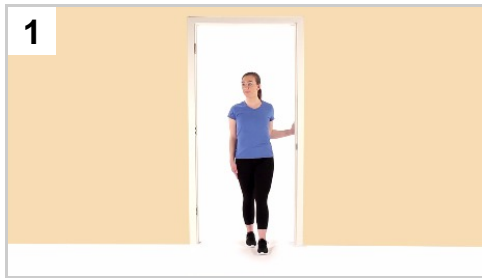
With your elbows bent, place your hands on the sides of the doorway at roughly a 120 degree angle from your sides, then take a small step forward until you feel a stretch in the front of your shoulders. Hold this position.

Tip

Make sure to maintain a gentle stretch and do not shrug your shoulders during the exercise.

Standing Shoulder External Rotation Stretch in Doorway

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position in the center of a doorway.

Movement

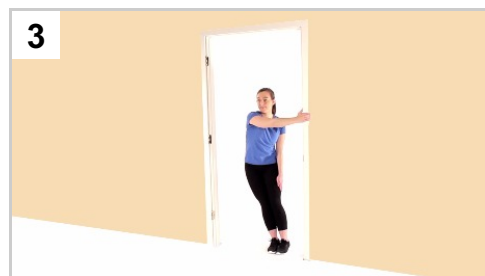
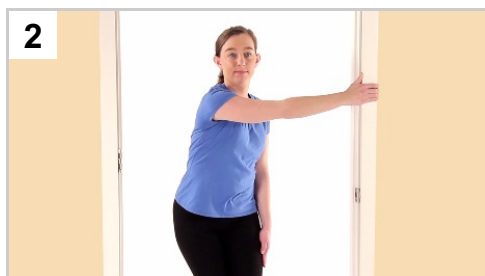
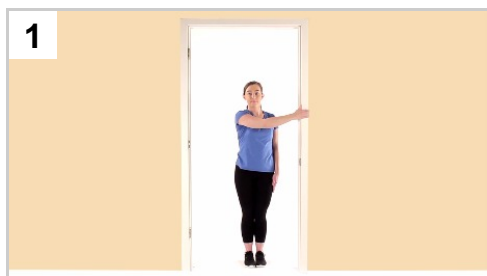
With your elbow bent, place your hand on the side of the doorway. Take a small step forward and slightly rotate your body until you feel a stretch in the front of your shoulder. Hold this position.

Tip

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

Doorway Rhomboid Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



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.

Shoulder Flexion Wall Slide with Towel

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing upright position holding a towel against a wall at shoulder height.

Movement

Slowly slide the towel straight up the wall, straightening your elbow. Then lower it back down, and repeat.

Tip

Make sure to keep your back straight during the exercise and only raise your arm as far as you can without causing pain.

Standing Shoulder Flexion to 90 Degrees with Dumbbells

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position holding a dumbbell in each hand.

Movement

Slowly raise your arms in front of your body, with your elbows straight and thumbs facing forward. Repeat this movement.

Tip

Make sure not to raise your arms above shoulder height, and try not to arch your back or shrug your shoulders during the exercise.

Scaption with Dumbbells

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin in a standing upright position with your arms resting at your side, grasping lightweight dumbbells

Movement

Slowly raise your arms diagonally at roughly a 30 degree angle from your body, then lower your arms back to your sides.

Tip

Make sure to keep your elbows straight and avoid shrugging your shoulders. Try not to arch your low back while raising and lowering your arms.

Shoulder Abduction with Dumbbells - Palms Down

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin in a standing upright position with your arms resting at your sides, holding a dumbbell in each hand.

Movement

Keeping your elbows straight, raise both arms directly out to your sides with your palms down, then lower them back down and repeat.

Tip

Make sure to keep your back straight and do not shrug your shoulders during the exercise.

Prone Scapular Slide with Shoulder Extension

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin lying on your front with your forehead resting on a towel roll. Your arms should be positioned at your sides with your palms facing down.

Movement

Gently squeeze your shoulder blades together, then slowly lift your arms so they are parallel to your body. Hold briefly, then lower your arms back down and repeat.

Tip

Make sure to keep your neck relaxed and do not shrug your shoulders during the exercise.

Prone Scapular Retraction Arms at Side

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin lying face down with arms resting on the ground straight to your sides.

Movement

Lift your arms toward the ceiling keeping your elbows straight.

Tip

Think of squeezing your shoulder blades together as you lift your arms.

Prone W Scapular Retraction

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin lying on your front with your arms resting on the ground at a 45 degree angle from your sides and elbows bent so they form a W shape.

Movement

Lift your arms off the ground, then lower them back to the ground and repeat. Think of squeezing your shoulder blades together as you lift your arms.

Tip

Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Prone Scapular Retraction Y

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7

1



2



Setup

Begin lying on your front with your arms straight overhead in a "Y" position.

Movement

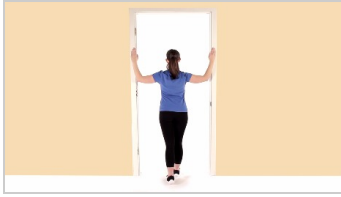
Lift your arms off the ground, squeezing your shoulder blades together. Hold, then relax and repeat.

Tip

Make sure to keep your back relaxed.

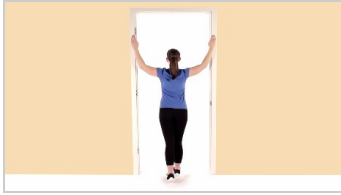
Exercise List

Doorway Pec Stretch at 90 Degrees Abduction



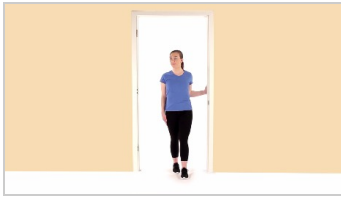
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Doorway Pec Stretch at 120 Degrees Abduction



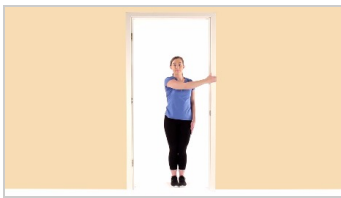
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Standing Shoulder External Rotation Stretch in Doorway



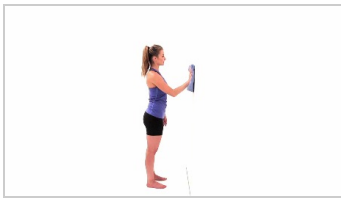
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Doorway Rhomboid Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Shoulder Flexion Wall Slide with Towel



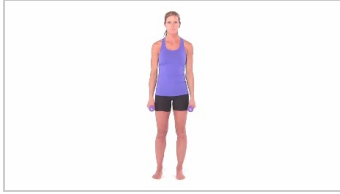
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Standing Shoulder Flexion to 90 Degrees with Dumbbells



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Scaption with Dumbbells



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Shoulder Abduction with Dumbbells - Palms Down



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Prone Scapular Slide with Shoulder Extension



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Prone Scapular Retraction Arms at Side



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Prone W Scapular Retraction



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Prone Scapular Retraction Y



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														



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Seated Wrist Flexion Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

Seated Wrist Extension Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

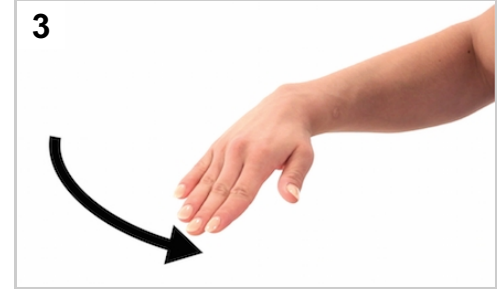
Wrist AROM Radial Ulnar Deviation

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin this exercise with your wrist in a straight position.

Movement

Slowly bend your wrist from side to side, keeping your hand flat.

Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

Wrist Tendon Gliding

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your elbow resting on a table and your fingers straight.

Movement

Bend at your bottom knuckles so your fingers are in a table top position, straighten them, then bend your bottom and middle knuckles, straighten your hand, make a claw fist, straighten your hand, then make a half fist, and straighten your hand again. Repeat these movements.

Tip

Make sure to keep your wrist straight during the exercise.

Wrist Extension AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

Slowly bend your wrist backward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to rotate your forearm during this movement.

Wrist Flexion AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

Movement

Slowly bend your wrist upward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to rotate your forearm during this movement.

Seated Eccentric Wrist Flexion with Dumbbell

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting in an upright position with one arm resting on a table, holding a dumbbell with your hand hanging off the edge.

Movement

Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

Tip

Make sure not to rotate your wrist, and do as little work as possible as your other hand assists in bending your wrist upward.

Wrist Prayer Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip

Make sure that your palms stay together during the stretch and keep your shoulders relaxed.

Exercise List

Seated Wrist Flexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Wrist Extension Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Wrist AROM Radial Ulnar Deviation



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Tendon Gliding



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Extension AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Flexion AROM



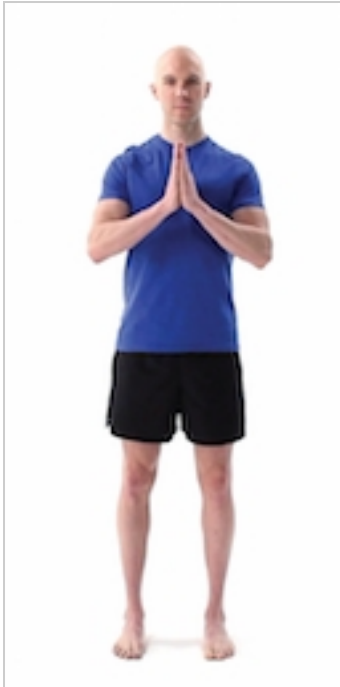
	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Eccentric Wrist Flexion with Dumbbell



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Prayer Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														



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Keep track of your activity and progress throughout treatment and post care.

Seated Wrist Flexion Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

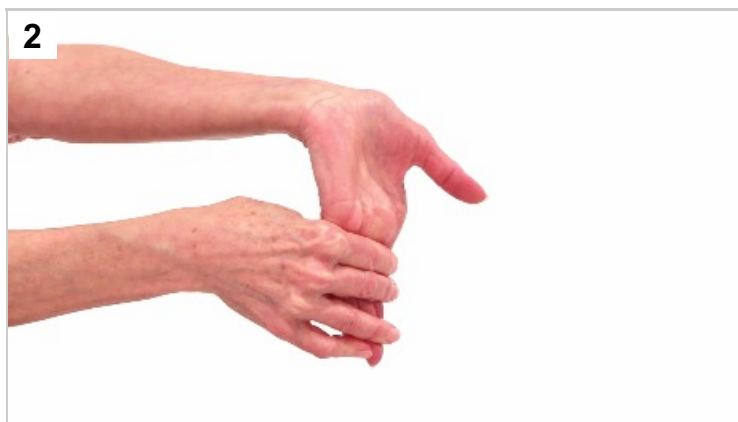
Lift your arm straight in front of you with your palm facing down, then gently press on the back of your hand down and toward your arm. Hold this position. You should feel a stretch on the top of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

Seated Wrist Extension Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin sitting upright in a chair.

Movement

Lift your arm straight in front of you with your palm up, then gently press your palm down and back toward your arm. Hold this position. You should feel a stretch on the bottom of your forearm.

Tip

Make sure not to apply too much pressure during the exercise, this should be a gentle stretch.

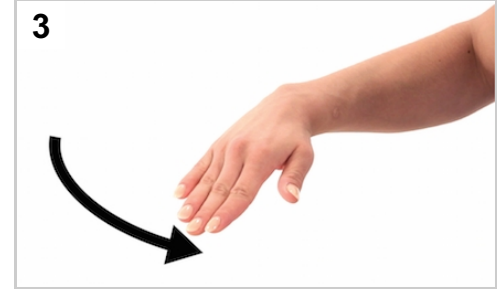
Wrist AROM Radial Ulnar Deviation

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin this exercise with your wrist in a straight position.

Movement

Slowly bend your wrist from side to side, keeping your hand flat.

Tip

Make sure to only move through a pain-free range of motion. Try not to let your forearm rotate as you move your wrist.

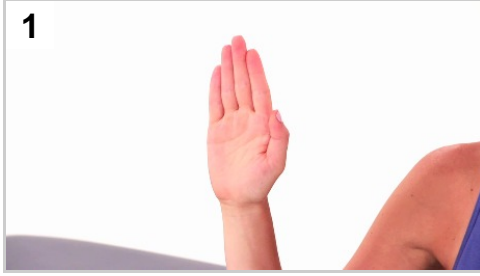
Wrist Tendon Gliding

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your elbow resting on a table and your fingers straight.

Movement

Bend at your bottom knuckles so your fingers are in a table top position, straighten them, then bend your bottom and middle knuckles, straighten your hand, make a claw fist, straighten your hand, then make a half fist, and straighten your hand again. Repeat these movements.

Tip

Make sure to keep your wrist straight during the exercise.

Wrist Extension AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing down.

Movement

Slowly bend your wrist backward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to rotate your forearm during this movement.

Wrist Flexion AROM

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting with your elbow bent and your forearm resting on a table. Your palm should be facing up.

Movement

Slowly bend your wrist upward as far as is comfortable, then return to the starting position and repeat.

Tip

Make sure not to rotate your forearm during this movement.

Seated Eccentric Wrist Extension

REPS: 10

SETS: 2-3

DAILY: 1

WEEKLY: 4-7



Setup

Begin sitting in an upright position with one arm resting on a table, holding a dumbbell with your hand hanging off the edge, palm face down.

Movement

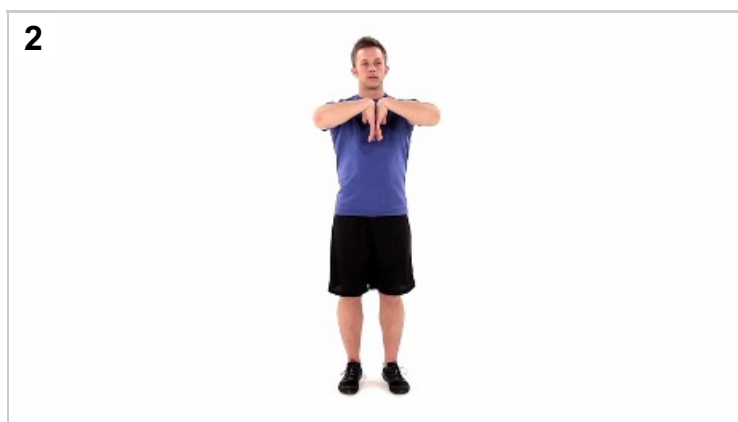
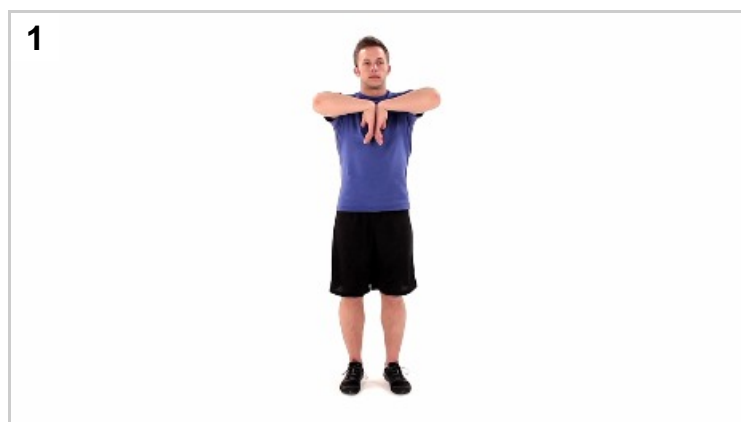
Use your other hand to curl your wrist up, then slowly lower it back down, and repeat.

Tip

Make sure not to rotate your wrist, and do as little work as possible as your other hand assists in bending your wrist upward.

Reverse Prayer Stretch

REPS: 1	SETS: 2-3	HOLD: 30-60SEC	DAILY: 1
WEEKLY: 4-7			



Setup

Begin in a standing upright position.

Movement

Place the backs of your hands together in front of your body, then lower your elbows until you feel a stretch in the back of your wrists, and hold.

Tip

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

Exercise List

Seated Wrist Flexion Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Seated Wrist Extension Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														

Wrist AROM Radial Ulnar Deviation



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Tendon Gliding



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Extension AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Wrist Flexion AROM



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Seated Eccentric Wrist Extension



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 10														
SETS: 2-3														
DAILY: 1														

Reverse Prayer Stretch



	MON	TUES	WED	TH	FRI	SAT	SUN	MON	TUES	WED	TH	FRI	SAT	SUN
REPS: 1														
SETS: 2-3														
DAILY: 1														