



C/S ROM - Flexion

Sitting tall with shoulders relaxed down and back.
Tuck chin into neck and then slowly bend head straight forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Lat Bending

Sitting tall with shoulders relaxed down and back.
Tip head straight sideways, ear to shoulder, as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Rotation

Sitting tall with shoulders relaxed down and back.
Turn head to one side as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	
2 x/day	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



C/S ROM - Extension

Sitting tall with shoulders relaxed down and back.
First perform a chin tuck / neck retraction then raise chin straight up to ceiling as far as comfortable.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Triceps - Cross Body

Sitting tall, shoulders square, place one hand across body toward opposite shoulder.
Use opposite hand to gently bring elbow further across body, keeping shoulders square, to feel a stretch in the back of the upper arm.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Pectorals - Corner / Doorway

Facing corner or standing through a doorway.
Place forearms on each wall at shoulder height.
Slowly lean chest forward into corner, keeping upper body tall, to feel a stretch in the front of the chest.

Sets:	
Reps:	2x
Weight:	top to bottom
Hold:	15 sec
Rest:	
vary position	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Gastrocs - Wall

Standing in a lunge position, supporting upper body against wall. Keeping back foot heel on floor and knee straight, bend front knee. Shift body weight forward through pelvis to feel a stretch in the upper calf area.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Standing Chest / Pec Release

Standing, place hands on low back. Breath in and raise sternum up while bringing elbows toward each other behind body. Hold, exhale, feeling a release in the front of the chest and shoulders. Return to start position. Repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



QL Side Bend Reach

Standing or sitting in readiness position. Slowly bend to one side, without rotating, bringing one arm overhead. Keep hand that is above head slightly forward and always in view. Support upper body with opposite hand on hip. Feel a stretch in the side of the low back.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint). Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh. Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hip Flexors / Low Lunge

Down on one knee in a lunge position so that knees remain shoulder width apart, back toe is turned inward and shin is on the floor. Lunge position should be long enough so that the front knee should not bend past 90°. Keep upper body square and upright and gently tuck pelvis under to feel a stretch in the front of the hip and thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Piriformis / Gluts - 'Runners Stretch'

From a 'hands and knees' position, stretch one leg straight back and sit down. Lean chest down onto front knee to feel a stretch in the buttock.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Mid Back Arch - Quadruped

On all fours, let head relax down and maintain an abdominal hollow as you raise your spine up between the shoulder blades.
Let spine relax slowly down through the shoulder blades and then repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



'Prayer' Stretch

Kneeling on floor, reach both arms straight out in front along floor.
Sit lower body down and back onto heels.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Lumbar Extension Full

Lying on stomach with hands on floor at shoulder level.
Slowly push upper body up off floor keeping pelvis in contact with floor.
Keep buttocks relaxed and allow low back to 'sag'.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Knee to Chest

Lying on back with legs out straight. Hug one knee up toward chest, hugging under the knee joint. Keep opposite leg out straight. Hold, relax and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Hamstrings SLR

Lying on back with knees bent and feet flat on the floor.
Raise one leg up towards the ceiling keeping toes pulled back to feel a stretch in back of the thigh.
Use hands to support leg.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Fig. 4 Knee to Chest - Seated

Sitting on floor with legs straight out in front. Bend one knee to 90°.
Grasp ankle with opposite hand and guide knee and ankle to chest to feel a stretch in the buttocks and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Short Adductors Seated

Sitting on floor with soles of feet together.
Rock pelvis forward so as to be sitting on your 'sit bones'.
Keep upper body tall, gently allow knees to drop towards the floor to feel a stretch in the inner thigh.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31



Active Adductors 'Frog Leg'

Sitting with the soles of feet together.
Bring knees up to touch elbows and squeeze gently.
Relax and actively bring knees down toward floor (do not push with elbows).
Hold, relax, and repeat.

Sets:	
Reps:	2x
Weight:	
Hold:	15 sec
Rest:	

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31