1. **UPPER TRAP STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

   Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently draw your head towards the opposite side with the help of your other arm.

   Repeat on opposite side.

2. **LEVATOR SCAPULAE STRETCH - HAND BEHIND BACK AND TOP OF HEAD**

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

   You should be looking towards your opposite pocket of the affected side.

   Repeat on opposite side.

3. **RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND**

   Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

   NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

   Repeat on opposite side.

4. **INTERNAL ROTATION TOWEL STRETCH - IR TOWEL**

   Gently pull up your affected arm behind your back with the assist of a towel.

   Repeat on opposite side.

5. **DOORWAY STRETCH - SINGLE ARM**

   While standing in a doorway, place your arm up on the door jam and take a step forward through the doorway. Next, bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your upper arm should be horizontal to the ground and your forearm should lie up along the door frame.

   NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

   Repeat on opposite side.

6. **WRIST EXTENSOR STRETCH**

   Use your unaffected hand to bend the affected wrist down as shown.

   Keep the elbow straight on the affected side the entire time.

   Repeat on opposite side.
**7. PRAYER STRETCH - WRIST**

Place the palms of your hands together to stretch the wrist as shown.

Repeat: 3 Times  
Hold: 15 Seconds  
Perform: 2 Time(s) a Day

**10. SEATED LOW BACK STRETCH**

While sitting in a chair, slowly bend forward and reach your hands for the floor. Bend your trunk and head forward and down.

Repeat: 3 Times  
Hold: 15 Seconds  
Perform: 2 Time(s) a Day

**8. SEATED HAMSTRING STRETCH**

While seated, rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Repeat on opposite side.

Repeat: 3 Times  
Hold: 15 Seconds  
Perform: 2 Time(s) a Day

**11. STANDING EXTENSIONS**

While standing, place your hands on your hips and lean back to arch your back.

Repeat: 3 Times  
Hold: 15 Seconds  
Perform: 2 Time(s) a Day

**9. LUNGE**

Start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to original position, or you may walk and take a step forward and repeat with the other leg.

Keep your pelvis level and straight the entire time.

Your front knee should bend in line with the 2nd toe and not pass the front of the foot.

Repeat on opposite side.

Repeat: 3 Times  
Hold: 15 Seconds  
Perform: 2 Time(s) a Day

**12. STANDING CALF STRETCH - GASTROC**

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat on opposite side.

Repeat: 3 Times  
Hold: 15 Seconds  
Perform: 2 Time(s) a Day