

Morinville Physical Therapy  
 Unit 17, 8807 100 street  
 MORINVILLE, AB, T8R 1V5

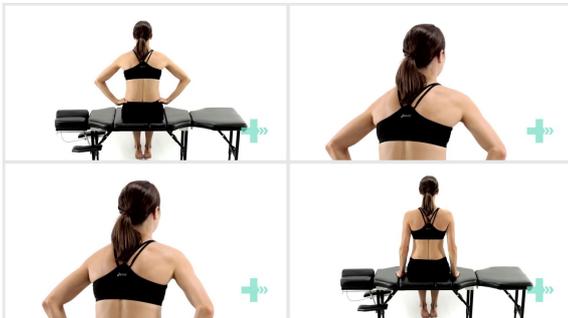
3 Sets / 3 Reps / 20 s hold



**1. Two-part neck stretch**

Start in a seated position.  
 Take you hand, place it on your head and gently pull your ear towards your shoulder and hold.  
 Then angle the head looking down towards the knee and gently pull the head with comfortable tension.

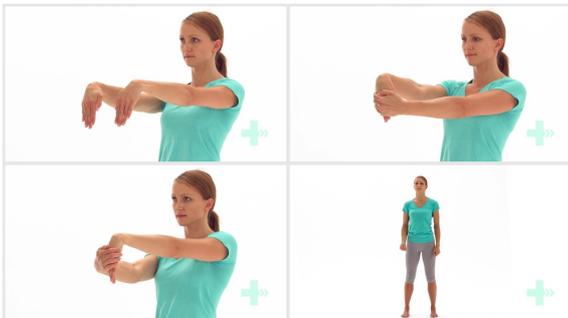
3 Sets / 3 Reps / 20 s hold



**2. Scapular retraction**

Start in a seated position and place your hands on your hips.  
 Let your shoulders fall forward by rounding the upper back, then squeeze your shoulder blades together, drawing them back and down as your elbows come out and back.  
 Keep your shoulders pressed down and away from the ears at all times.

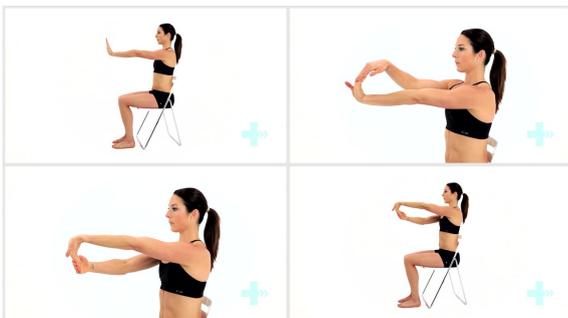
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**3. Wrist, passive flex (hold), arm fwd in standing; 01**

Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.  
 With your other hand, apply a gentle pressure to the back of your wrist and hold.  
 You should feel this stretch down the back of your forearm.

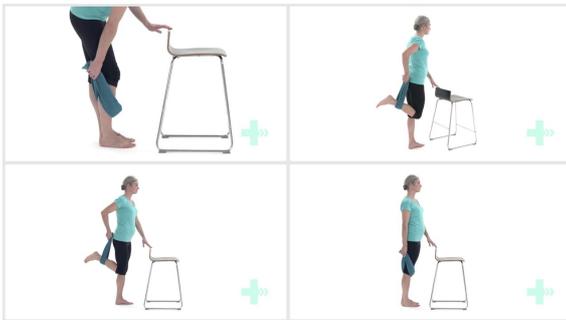
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**4. Finger, passive ext (all) with alt pro/sup, arm fwd long in sitting; 01**

Sit in a chair.  
 Take your arm out in front of you.  
 With your opposite hand, pull back four fingers.  
 Leave the thumb out of the stretch.  
 Hold this position.  
 Turn your hand over and pull down on the fingers.  
 Pull down and back on the fingers again, leaving the thumb out of the stretch.  
 Keep your elbow straight.

*You do not have to sit, you can do this in any position!*



### 5. Quads stretch with towel assistance

Stand up straight with a support in front of you.

Place a towel or belt around your ankle on the leg you are going to stretch.

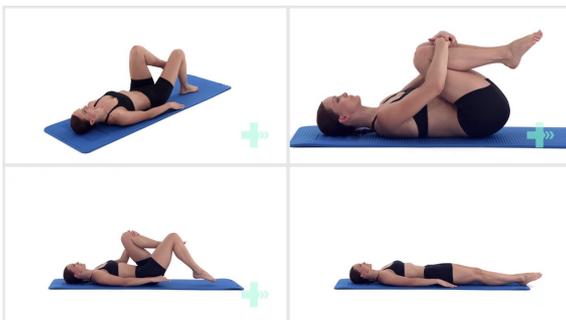
Hold the ends of the towel in the hand on the same side as the stretching leg, and hold on to the support with the other hand.

Gently pull your leg up towards your buttocks, keeping your knees together and chest up tall.

You should feel a stretch down the front of your thigh.

Hold this position then release and repeat with the other leg.

3 Sets / 3 Reps / 20 s hold



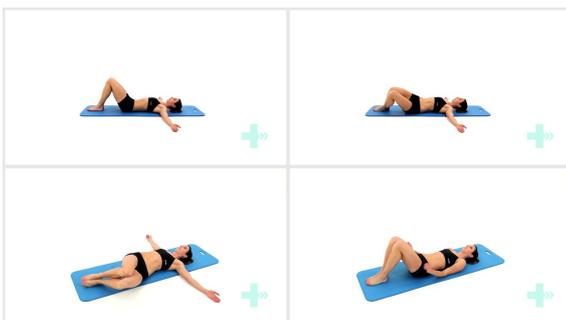
### 6. Knee To Chest

Lie on your back.

Draw one foot up and then the other.

Bring one knee in towards your chest and then the other, using your hands for assistance to curl yourself in to a ball.

3 Sets / 3 Reps / 20 s hold



### 7. Lower trunk rotation

Lie on your back with your knees bent and your feet flat on the floor.

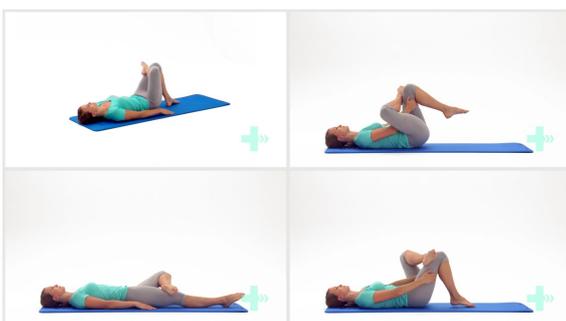
Extend your arms out to the sides and keep your shoulders on the mat at all times.

Keeping your knees together, drop them down to one side, rotating your torso. Return to the starting position and allow your knees to fall to the opposite side.

Only drop your knees as far as you go comfortably.

You may want to hold the stretch on each side.

3 Sets / 3 Reps / 20 s hold



### 8. Piriformis stretch

Lie on your back and bend your affected knee.

Cross this leg over your other knee, placing the outside of your ankle just above the knee of your good leg.

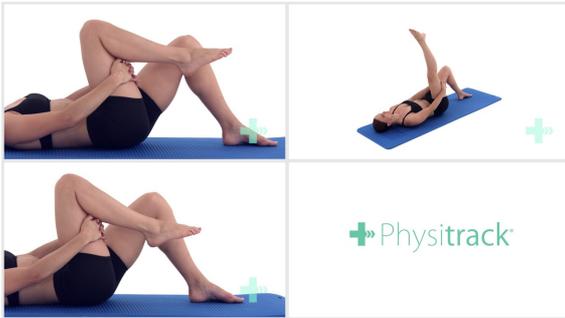
Let the knee on your affected leg drop out to the side, and bend the good leg, sliding your heel towards your buttocks.

You may feel a stretch through your affected buttock.

To increase this stretch, interlace your fingers behind the thigh of your good leg, and pull your thigh in towards you, lifting the foot off the ground.

To increase this stretch further still, push your elbow into the thigh of your affected leg.

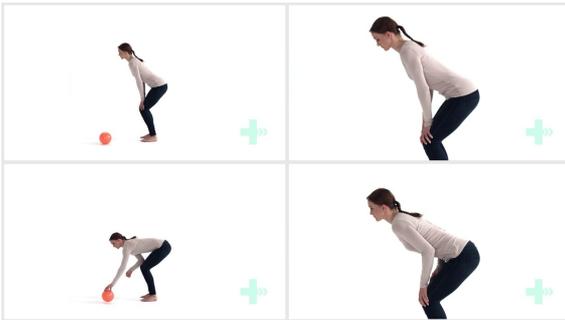
Hold this position.



### 9. Supine hamstring stretch

Lie on your back and bend your affected leg in towards you. Interlace your fingers behind the thigh to firmly hold the leg as you straighten out your knee, feeling the stretch behind your thigh.

3 Sets / 3 Reps



### 10. Bending over while gardening

Start by bending both knees gradually with your hands sliding along the front of your thighs.

Control the speed when bending forward using your hands on your thighs to avoid strain on your lower back.

To use your left hand to garden, place your right elbow onto the right thigh just above the knee and let your weight fall through your right shoulder and arm down into your leg.

This allows use of your left hand for activities at ground level.

To return to the standing position, place your left hand above your left knee.

Push through your hand to start raising your torso, as you move up place your right hand at the top the thigh and continue to push upright.

Look directly ahead and push through both feet and hands to stand up straight.