

1



CORNER STRETCH

While standing at a corner of a wall, place your arms on the walls with elbows bent so that your upper arms are horizontal and your forearms are directed upwards as shown. Take one step forward towards the corner. Bend your front knee until a stretch is felt along the front of your chest and/or shoulders. Your arms should be pointed downward towards the ground.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

NOTE: Your legs should control the stretch by bending or straightening your front knee.

2



DEEP ANTERIOR NECK FLEXOR STRETCH - HANDS ON CHEST

Place your hands overlapping on your breast bone. Next, tilt your head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

3



LEVATOR SCAPULAE STRETCH - GRASPING WRIST

Grasp your arm of the affected side and pull it gently towards the opposite side in front of your body. Next, tilt your head downward and to the side looking away from the affected side until a stretch is felt.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

4



HAMSTRING STRETCH - SUPINE

While lying on your back, raise up your leg and hold the back of your knee until a stretch is felt.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

5



PIRIFORMIS STRETCH

While lying on your back with both knee bent, cross your affected leg on the other knee.

Next, hold your unaffected thigh and pull it up towards your chest until a stretch is felt in the buttock.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

6



HIP FLEXOR STRETCH 2

While lying on a table or high bed, let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee and pull it towards your chest.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

7



ILIOTIBIAL BAND STRETCH WITH BELT - ITB

Loop a belt around your foot. While lying on your back and leg up in front of you and knee straight, bring your leg across midline for a gentle stretch felt along your outer thigh.

Repeat 3 Times
 Hold 20 Seconds
 Complete 1 Set
 Perform 2 Time(s) a Day

8



TRUNK ROTATION STRETCH

Start by lying on your back with your knees bent.

Next, slowly allow your knees to drop to the side as you rotate through your spine for a gentle stretch.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Time(s) a Day