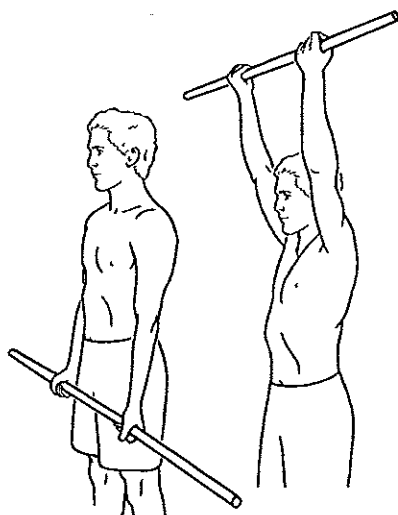


SHOULDER - 1 ROM: Flexion – Wand

Bring wand directly over head, leading with right side. Reach back until stretch is felt. Hold 20-30 seconds.

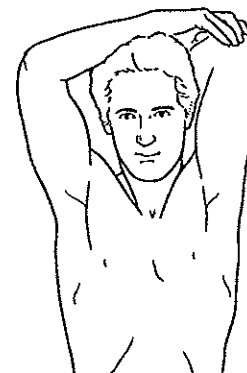
Repeat 5 times per set.
Do 3 sets per session.
Do 1 sessions per day.



SHOULDER - 71 ROM: Inferior Capsule Stretch

Gently pull on right raised elbow with other hand until stretch is felt in shoulder. Hold 20-30 seconds.

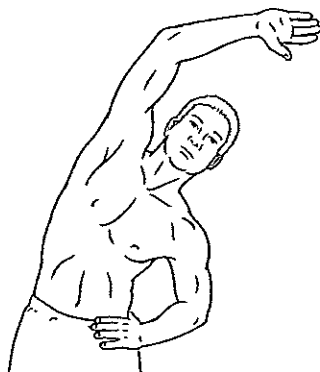
Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.



BACK - 86 Thoracolumbar Side-Bend: Single Arm (Standing)

Reach over head to other side with right arm until stretch is felt. Hold 20-30 seconds. Relax.

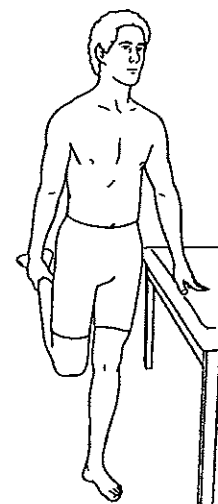
Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.



HIP / KNEE - 37 Stretching: Quadriceps (Standing)

Pull right heel toward buttock until stretch is felt in front of thigh. Hold 20-30 seconds.

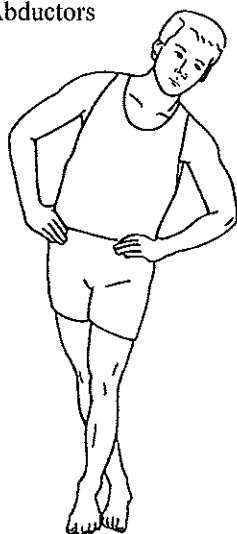
Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.



HIP OBLIQUE - 2 Iliotibial Band / Abductors

Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold 20-30 seconds. Repeat to other side, with right leg over left.

Repeat 3 times.
Do 2 sessions per day.



HAND - 14 Wrist Extensor Stretch

Keeping elbow straight, grasp right hand and slowly bend wrist forward until stretch is felt. Hold 20-30 seconds. Relax.

Repeat 3 times per set. Do 1 sets per session.
Do 2 sessions per day.

