

Seated Hamstring Stretch



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin seated. Straighten the leg that you wish to stretch in front of you so that knee is straight and the heel is resting on the ground. Slowly lean forward, placing your hands on your thigh. You should feel a stretch in the back of your leg. Hold as indicated. Slowly return to starting position.

Comments:

Scalene and Upper Trap Stretch



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin seated in a chair with your arms at your side. Grasp the under side of the chair with your hand on the side you wish to stretch. Slowly bend your neck to the side, bringing your ear toward your opposite shoulder. You should feel a stretch in the side of your neck. You can increase the intensity of the stretch by placing your opposite arm on your head and lightly pulling your head further toward your opposite shoulder. Hold as indicated.

Comments:

Hip Flexor Stretch in Half Kneeling



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin in kneeling. Lift the side not being exercised so that the foot is flat on the floor and the knee is bent. Gently shift weight forward and lean back slightly so that there is a stretch felt in the front of the hip. Hold as directed. Repeat as directed.

Comments:

Upper Trunk Rotation



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin in a seated position with your back straight and arms crossed across your chest. Keeping your hips facing forward, rotate your upper body to the side as directed. Hold as directed. Repeat as directed.

Comments:

Levator Scapulae Stretch



SETS: -
REPS: -
PER DAY: -
PER WK: -
HOLD: -
REST: -
LBS: -

Description: Begin sitting, and grasp the side of the chair with the arm of the side that is to be stretched. Rotate your head away from the side that is to be stretched. Grasp the opposite side of your head with your other hand, and gently pull your head down toward your shoulder. Hold as directed. Repeat as directed.

Comments: