

Yoga - Morning Stretch

- Lie face up, arms by side, palms down
- Inhale, bring arms overhead & lift spine off the floor
- Point toes. Extend legs & arms away from each other
- Exhale, bring arms back to side, release lumbar spine to the floor
- Repeat 10-20 times
- This is a rhythmic movement practiced with the breath



Yoga - Downward Dog

- Lie face down, hands flat on the floor beside shoulders
- Feet hip width apart with toes flipped under
- Exhale, push hips up, keep tailbone high
- Back flat, arms straight, head between upper arms
- Knees straight or slightly bent, drop heels toward floor
- Hold for 5 breaths, exhale & lower



Downward Dog (Abdominals)

- Begin in a push up position, hips close to floor
- Press hips up & back
- Form a V position from hands to feet
- Keep arms & legs straight
- Pause, lower & repeat



Cobra Stretch

- Lie face down, feet & legs together, toes pointed
- Hands flat on the floor, elbows by side
- Inhale, push pubic bone into the floor
- Slowly extend elbows, lift chest & head & gaze upward
- Pull shoulder blades down & back
- Hold for 5-8 breaths
- Exhale, slowly lower head to the floor, relax completely



Low Back Stretch - Seated - Partner Assisted

- Sit upright on the floor
- One leg straight, other bent & flat on floor
- Put opposite hand on bent knee
- Other hand on above head
- Partner stands behind & pushes torso into rotation
- Partner then bends the torso sideward toward the straight leg



Low Back Stretch - Push - Partner Assisted

- Sit on floor
- Legs straight, feet spread wide
- Partner pushes lower back forward toward feet
- Stretch forward, hands on floor



Hip Flexor Stretch - Lateral Flexion

- Kneel in lunge position
- Hand of kneeling leg stretched overhead
- Laterally flex toward other side
- Keep hips facing the forward



Hip Flexor - Quadriceps Stretch - Partner Assisted

- Lie face down on edge of bench
- Place one foot flat on floor
- Partner pushes hips onto bench
- Partner brings ankle of straight leg toward buttock



Hip Flexor - Quadriceps Stretch - Kneeling

- Kneel in lunge position
- Reach behind & grasp ankle
- Pull ankle toward buttock
- Ensure torso is in an upright position
- Hold something for support if necessary
- Contract abdominals and buttocks to increase stretch



Hip Flexor - Quadriceps Stretch - Stretchband #2

- Kneel on one knee
- Loop Stretchband around back foot
- Pull other end of Stretchband over opposite shoulder
- Use Stretchband to pull ankle toward buttocks
- Stretch upward with free arm & flex torso sideward
- Contract abdominals & buttock to increase stretch
- Hold stretch



Hip Flexor Stretch - Exercise Ball

- Split stance, trailing leg onto top of stability ball
- Maintain an upright posture
- Contract abdominals to tilt pelvis backward
- Allow trailing leg to move backward



Hip Flexor Stretch - Lateral Flexion

- Kneel in lunge position
- Hand of kneeling leg stretched overhead
- Laterally flex toward other side
- Keep hips facing the forward



Hamstring Stretch - Standing

- Stand
 - Raise one leg onto box or bench
 - Hips pointed towards elevated foot
- Upright posture, lean forward over elevated leg



Hamstring Stretch - Kneeling Lunge

- Kneel in lunge position
- Place chest on front thigh, hug thigh
- Sit back onto heel
- Variation: Move front foot forward, lift toes up



Hamstring Stretch - Exercise Ball

- Stand, raise one leg onto ball
- Hips pointed towards elevated foot
- Upright posture, lean forward over elevated leg



Hamstring Stretch - Lying - Towel

- Lie on back
- Raise one leg off the ground
- Wrap towel around foot
- Keep leg straight
- Pull leg toward chest



Hamstring Stretch - Straight Leg - PNF with Partner

- Lie on back
- Partner elevates straight leg & keeps other leg flat on floor
- Partner pushes leg toward chest until stretch is felt
- Gently press leg towards partner for 5s while partner resists
- Relax, take deep breath & repeat



Glute & Low Back Stretch - Partner Assisted

- Lie face up
- Bend one knee up
- Roll bent leg across body
- Partner holds shoulder to floor & pushes bent leg toward floor



Glute Stretch - Partner Assisted

- Lie on back, partner stands and straddles at the waist
- Bend one leg & place on partners knee
- Push knee toward chest
- Vary the position of the foot to vary the stretch



Glute Stretch - Seated 90-90

- Sit on floor
- Both knees flexed to 90 degrees
- One foot in front of the body the other behind
- Lean forward over front leg



Glute Stretch - Standing - Bench

- Stand facing hip height bench
- Place one leg flat onto bench with knee bent to 90 degrees
- Knee positioned in front of hip
- Hips square to bench
- Stand tall, lean forward to increase stretch



Quadriceps Stretch - Side Lying

- Lie on side
- Bend top knee
- Grasp foot, bring ankle toward buttock



Adductor Stretch - Seated

- Sit upright on floor
- Soles of feet together & close to groin
- Maintain upright posture
- Push knees towards floor with elbows



Adductor Stretch - Semi Kneeling

- Kneel on one knee
- Other leg straight & extended laterally
- Upright posture
- Lean toward extended leg to increase stretch



Hip Abduction - Kneeling

- Begin in an upright kneeling position
- Extend one leg sideward, knee slightly bent, foot on the floor
- Lift foot upward
- Pause, lower & repeat
- Maintain balance throughout or hold for support if necessary



Yoga - Ankle Up

- Sit on heels with knees resting on the floor
- Tops of feet flat on the floor
- Inhale, lift chest & keep shoulders back
- Exhale, place hands in front of knees
- Inhale, rock backward, lift knees off the floor
- Hold for 3-5 breaths, exhale, release knees to the floor



Calf Stretch - Lunge to Wall (Gastrocnemius)

- Split stance, hands on wall
- Keep back foot flat & leg straight
- Lower chest toward wall
- Move back foot backward to increase stretch



Calf Stretch - Lunge to Wall - Bent Knee (Soleus)

- Split stance, hands on wall
- Keep back leg knee bent
- Drag back knee towards the floor
- Push torso & hips towards the wall



Calf Stretch - 3 Point

- Support bodyweight on hands & one foot
- Keep heel flat on the floor
- Other foot rests across ankle of stretch leg
- Bend knee of stretch leg toward the floor to increase stretch



Foot - Massage - Golf Ball

- Remove shoes
- Sit with foot resting on a golf ball or similar
- Move the foot back & forth, rolling the ball around the sole of the foot
- Vary pressure, concentrate on the arch of the foot
- Relax after 30-40 seconds & repeat



Foot Stretch - Kneeling

- Kneel on toes
- Sit onto heels
- Lean backward to increase the stretch



Neck & Arm Stretch - Neural

- Stand or kneel
- Hang arm down by side, bend back wrist & fingers
- Point fingers backward
- Laterally flex head toward opposite shoulder
- Do not hold this stretch



Neck Stretch - Lateral Flexion - Assisted

- Sit on one hand
- Opposite hand on head
- Pull head to the side, ear toward shoulder



Latissimus Dorsi Stretch - Stretchband or Bench

- Fix one end of Stretchband to wall, or work with a partner
- Grip other end in one hand
- Bend forward from the waist, outstretch arm toward wall
- Shuffle backward until Stretchband is tight, rotate torso slightly to vary the stretch
- Alternative to Stretchband, use edge of stable object



Pectoral Stretch - Exercise Ball

- Kneel next to ball
- Place one forearm on ball, other hand on floor
- Rotate torso away from ball, drop chest toward floor
- Keep arm straight



Posterior Shoulder Stretch - Arm Across Body

- Stand, raise one arm to shoulder height
- Place arm across chest
- Pull elbow towards opposite shoulder
- Arm parallel to floor, thumb up



Posterior Shoulder Stretch - Torso Rotation

- Kneel, supported on hands
- Reach one arm across the body, palm facing upward
- Drop chest towards the floor to increase stretch



Shoulder Capsule & Pectoral Stretch - Doorway #1

- Stand in a doorway with palm on the wall
- Slowly twist body away
- Stop when a mild stretch is felt
- Move hand up the wall to vary the stretch



Thoracic Spine Mobility - Foam Roller - Dynamic

- Position the foam roller perpendicular to the spine
- Lie with foam roller across middle of back
- Take arms overhead, roll up & down the thoracic spine & ribs
- Avoid rolling on the lumbar spine



Neck & Arm Stretch - Neural - Hand on Wall

- Stand, side on to wall
- Place closest hand on wall above shoulder height
- Rotate body away from the wall
- Laterally flex head to opposite side
- Do not hold this stretch



Pectoral & Anterior Shoulder Stretch

- Lie face down, hands in push up position
- Extend elbows, arching back
- Lower one shoulder, twisting upper back
- Look over shoulder



Pectoral Stretch - Arms Out - PNF with Partner

- Sit or kneel
- Arms extended to the side, thumbs up
- Partner grasps wrists & pulls hands backward until stretch is felt
- Gently push arms forward for 5s while partner resists
- Relax, take deep breath & repeat



Posterior Shoulder Stretch - Thigh Hug

- Stand, knees slightly flexed
- Bend forward at the waist
- Wrap arms around back of thighs - hold
- Lift shoulders upward, round upper back

