

Back



With hand behind one knee, pull knee in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 10 seconds. Repeat with other knee. Repeat 3 times.



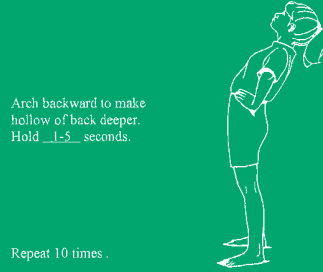
With hands behind knees, pull both knees in to chest until a comfortable stretch is felt in lower back and buttocks. Keep back relaxed. Hold 10 seconds. Repeat 2 times.



Keeping back flat and feet together, rotate knees to one side. Hold 5-10 seconds. Repeat 2 times each side.



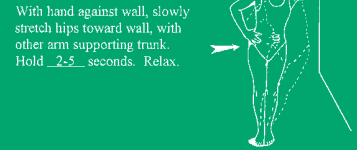
Push chest toward floor, reaching forward as far as possible. Hold 10-30 seconds. Repeat 2 times.



Arch backward to make hollow of back deeper. Hold 1-5 seconds. Repeat 10 times.



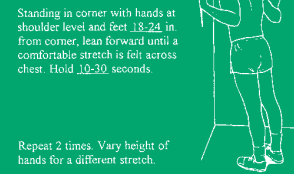
Press upper body upward into position shown, keeping hips in contact with floor. Keep lower back and buttocks relaxed. Hold 3-5 seconds. Repeat 5-10 times.



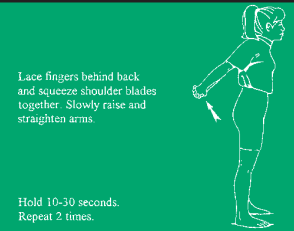
With hand against wall, slowly stretch hips toward wall, with other arm supporting trunk. Hold 2-5 seconds. Relax. Repeat 3-5 times on each side.



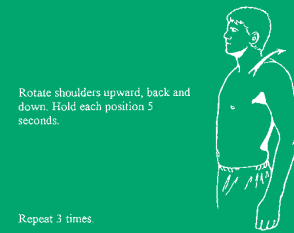
Stand as tall as possible with hands clasped overhead, reach up and stretch to the side. Hold 10-30 seconds. Repeat both sides, 2-3 times.



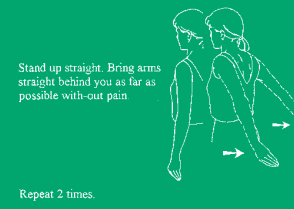
Standing in corner with hands at shoulder level and feet 18-24 in. from corner, lean forward until a comfortable stretch is felt across chest. Hold 10-30 seconds. Repeat 2 times. Vary height of hands for a different stretch.



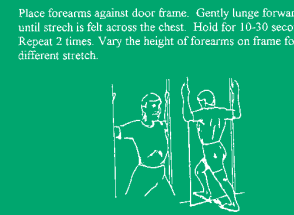
Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 10-30 seconds. Repeat 2 times.



Rotate shoulders upward, back and down. Hold each position 5 seconds. Repeat 3 times.

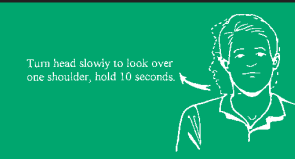


Stand up straight. Bring arms straight behind you as far as possible with-out pain. Repeat 2 times.

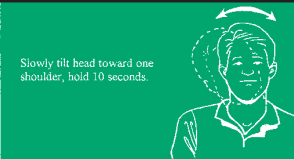


Place forearms against door frame. Gently lunge forward until stretch is felt across the chest. Hold for 10-30 seconds. Repeat 2 times. Vary the height of forearms on frame for a different stretch.

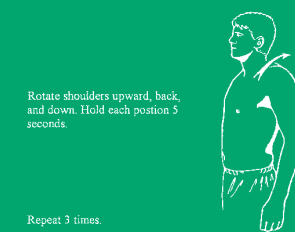
Chest



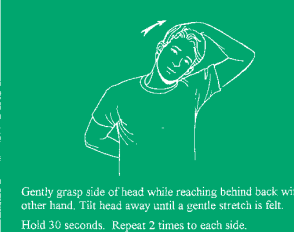
Turn head slowly to look over one shoulder, hold 10 seconds. Repeat 2 times each direction.



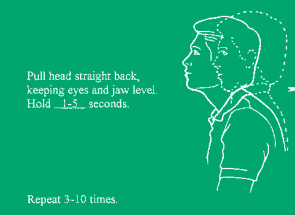
Slowly tilt head toward one shoulder, hold 10 seconds. Repeat 2 times each direction.



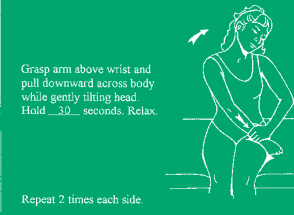
Rotate shoulders upward, back, and down. Hold each position 5 seconds. Repeat 3 times.



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Repeat 2 times to each side.



Pull head straight back, keeping eyes and jaw level. Hold 1-5 seconds. Repeat 3-10 times.



Grasp arm above wrist and pull downward across body while gently tilting head. Hold 30 seconds. Relax. Repeat 2 times each side.

Neck

Elbow

Wrist / Hand

Hip / Leg

General



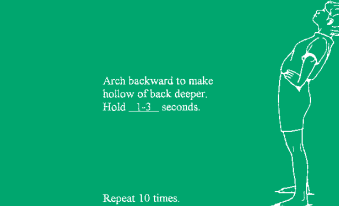
Stretching

"the 2-minute drill for the working athlete"

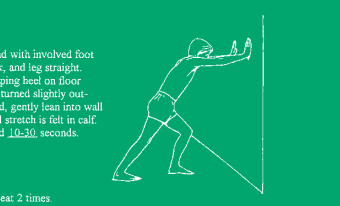


The CHOICE of the WORKING ATHLETE!
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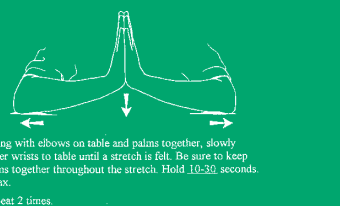
Arch backward to make hollow of back deeper. Hold 1-3 seconds. Repeat 10 times.



Stand with involved foot back and leg straight. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 10-30 seconds. Repeat 2 times.



Stand up straight. Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 10-30 seconds. Repeat 2-3 times.



Sitting with elbows on table and palms together, slowly lower wrists to table until a stretch is felt. Be sure to keep palms together throughout the stretch. Hold 10-30 seconds. Relax. Repeat 2 times.



Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt. Hold 10-30 seconds. Relax. Repeat 2 times.



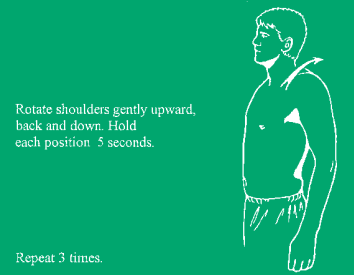
Stand as tall as possible with hands clasped overhead, reach up and stretch to the side. Hold 10-30 seconds. Repeat both sides, 2-3 times.



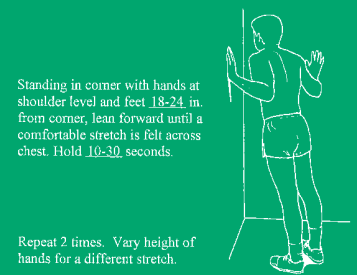
Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Hold 10-30 seconds. Repeat 2 times.



Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds. Repeat 2 times.

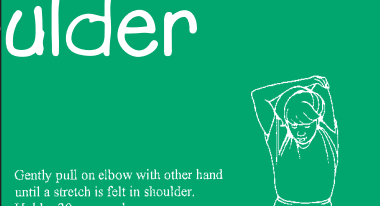


Rotate shoulders gently upward, back and down. Hold each position 5 seconds. Repeat 3 times.

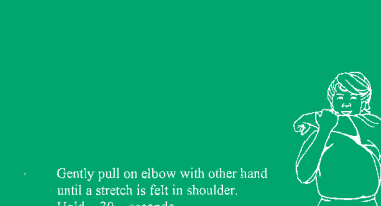


Standing in corner with hands at shoulder level and feet 18-24 in. from corner, lean forward until a comfortable stretch is felt across chest. Hold 10-30 seconds. Repeat 2 times. Vary height of hands for a different stretch.

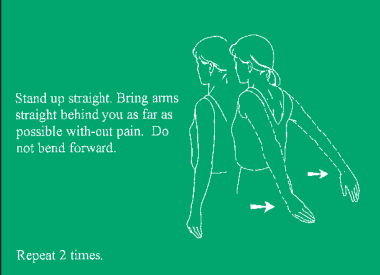
Shoulder



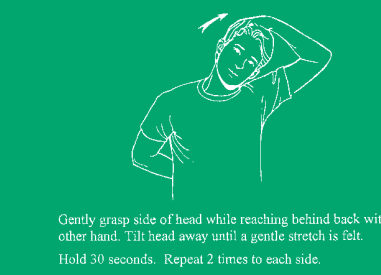
Gently pull on elbow with other hand until a stretch is felt in shoulder. Hold 30 seconds. Repeat 2 times.



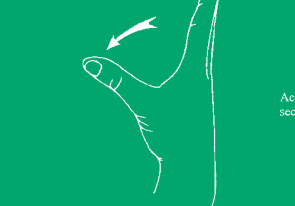
Gently pull on elbow with other hand until a stretch is felt in shoulder. Hold 30 seconds. Repeat 2 times.



Stand up straight. Bring arms straight behind you as far as possible with-out pain. Do not bend forward. Repeat 2 times.



Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold 30 seconds. Repeat 2 times to each side.



Actively pull thumb away from palm as far as possible. Hold 10 seconds. Repeat 2 times.



With arms stretched out to the front, make fists and then open hands as wide as possible. Repeat with arms spread out to the sides, then upward.



With hand relaxed, gently pull each finger backward, until gentle stretch is felt along the finger, and into the palm. Hold 10-30 seconds. Repeat 2 times each finger.