

**\*Stretch Gastroc uni standing**

- Stand facing counter with both hands on wall or counter.
- Make sure toes are facing forward
- alternate right and left legs

Perform 1 set of 4 Repetitions, twice a day.

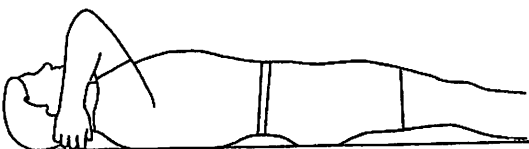
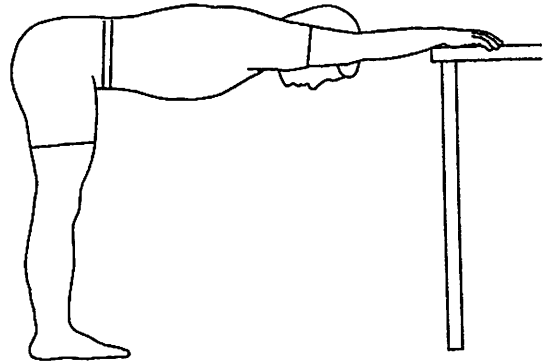
Hold exercise for 20 Seconds.

**Stretch hamstring bil (stand 90)**

Stand in front of table with feet shoulder distance apart.  
Place hands on table.  
Bend at hips and tighten the muscles in fronts of thighs, keeping the knees straight.  
Keep low back straight.

Perform 1 set of 4 Repetitions, twice a day.

Hold exercise for 30 Seconds.



**\*Stretch shld ER supine (supine er behind the head)**

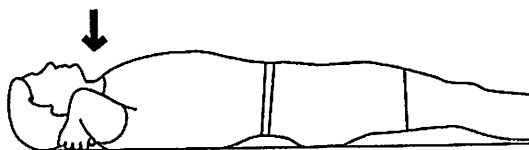
- Lie on back with hands behind neck, elbows up and with both knees bent.
- Gently lower elbows to floor
- Hold 20-30 seconds
- Return to start position and repeat.

**Special Instructions:**

If the stretch is too intense, pillows may be placed under the forearms so the arms can relax. Progress by removing pillows.

Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 5 Seconds.

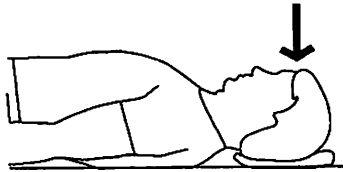
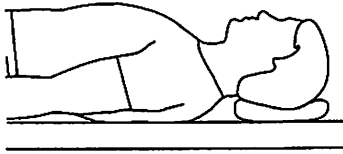


**Stretch cerv retract (chin tuck) supine**

- Lie on back with head on pillow.
- Tuck chin in, pushing back of head into pillow.
- Return to start position.

Perform 1 set of 5 Repetitions, twice a day.

Hold exercise for 30 Seconds.



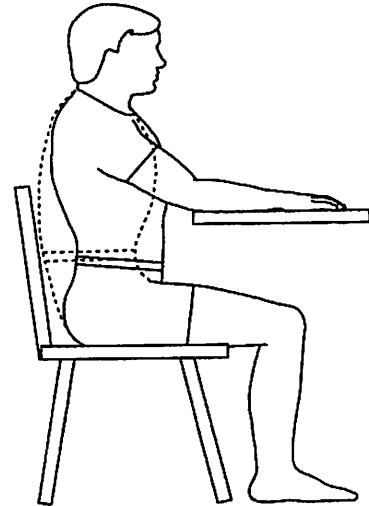
**AROM lumbar pelvic tilt ant/post sit**

- Sit at table with back supported and knees at 90 degrees and feet flat on floor.
- Place forearms on table.
- Arch low back slightly, and shift your weight to the front of your pelvis (12:00).
- Round low back by slouching and shifting your weight toward the back of your sit bones (6:00).
- Repeat.

**Special Instructions:**

Maintain proper posture in chest and shoulders. Stop exercise if pain increases.

Perform 1 set of 10 Repetitions, once a day.



Issued By: Joy McLaughlin, PT

These exercises are to be used only under the direction of a licensed, qualified professional.

Signature: \_\_\_\_\_