

FLEXIBILITY STRETCHES

Wrist flexors stretch

SETS:3 HOLD:30 FREQUENCY:daily TEMPO:slo REST:5 sec

Sit up straight and look directly ahead of you.

Use one hand to spread apart and straighten the fingers of the other hand and then stretch your wrist back gently as far as you can.

Relax your hands.

Apply the pressure through the tips of the fingers and be sure to include the thumb. Do not apply pressure to the palm of the hand.



Wrist extensors stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow REST:5sec

With your elbow straight, bend the wrist and turn the hand slightly outward (pronation).

Using your opposite hand, add a little pressure over the second knuckle and keep your fingers curled in your hand.

Hold the stretch for the recommended time.



Hamstring and calf stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow REST:5sec

Lie on your back and place a long strap around your forefoot, holding the ends with your hands.

Lift your leg straight up, keeping your knee straight, and pulling gently on the strap with your hands until you feel a gentle stretch behind the thigh and calf.

Maintain the position for the prescribed time.



Quadriceps stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow REST:5 sec

Lie on your stomach and place a towel or belt around your ankle.

Bend your knee by pulling on the towel until you feel a stretch.

Maintain the stretch and relax.

Do not arch your back during the stretch. You can put a pillow under your hips for more comfort.



Hip external rotation stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow

Stand in front of a table (height is about mid-thigh or higher).

Rotate the leg and place the lower leg on the table.

The opposite leg remains extended with the foot flat on the floor.

The torso and spine should be in a neutral and erect posture.

Then, flex the stance leg to feel a stretch in the hip.

Hold and repeat as recommended.

A pillow can be placed under the thigh and knee of the flexed leg to decrease pressure.



Window washer

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow

Lie down on your back with your knees bent and feet flat on the floor.

Drop your knees to one side toward the ground, then toward the other side.



Press-ups

SETS:1 REPS:30 HOLD:2sec
FREQUENCY:daily TEMPO:slow

Start with your hands under your shoulders.

Press up one vertebral level at a time, while keeping your low back and buttocks relaxed.

Perform the exercise as far as you comfortably can, and pause, making sure your buttocks are relaxed. Then return to the starting position.



Adductors stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow

Lie on your back in front of a wall with your leg up on the wall.

Keep your leg straight while they slowly split open until you feel a stretch between your legs (groin).

Maintain the position and relax.



Peroneus tersius stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow

Sit and bend your leg to bring the outside of the injured foot on the bed or the opposite knee.

With your hand, bend the foot down and turn it inward (towards the big toe) until a stretch is felt on the outside of the foot.

Maintain the position and relax.



Calf stretch

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow

Stand and place one foot against the wall.

Place the other leg behind with your heel on the ground, foot parallel to the front one and knee straight.

Keep the torso upright and push the hips forward to feel a stretch in the calf.



Pectoral stretch in doorway

SETS:3 HOLD:30sec FREQUENCY:daily TEMPO:slow

Stand in a doorway with your forearms on each side of the door.

Move forward with one leg in front of the other to stretch the pectorals.

Pinch your shoulder blades together and prevent your lower back from arching.

You should feel a comfortable stretch in your chest.

You can perform the stretch with your arms up or down to emphasize different portions of your pectorals.

