

### 1. Hamstring Stretch



- Lie on back in open doorway
- Place leg on wall, keeping back on floor and both legs straight.
- You should feel a stretch in the back of the thigh.
- Hold for 30 sec, repeat 4 times on each leg.

### 2. Piriformis Stretch



- Lie on your back
- Pull knee up and across toward opposite shoulder.
- Feel stretch in buttock.
- Hold 30 sec, repeat 4 times on each leg.

### 3. Trunk Rotation Stretch



- Lie on your back, knees bent.
- Keeping shoulders flat on floor, rotate legs to one side.
- Feel stretch in low back.
- Hold for 30 sec, repeat 4 times on each side.

### 4. Posterior Shoulder Stretch



- Begin by reaching across your body with your right arm.
- Place left hand on back of elbow.
- Slowly pull arm toward chest.
- Feel stretch in back of shoulder.
- Hold 30 sec, repeat 4 times on each side.

### 5. Wrist Flexor Stretch



- Extend right arm straight in front of you with palm up.
- Use your left hand to bend wrist down.
- Feel stretch in forearm.
- Hold 30 sec and repeat 4 times on both sides.