Home Stretching Program

Each Stretch should be 2 sets 15 to 20 secs, this should be completed as 2 sets for each arm or each leg when the exercise is stretching them separately.

Complete this workout 1 to 2 times a day.

1. Shoulder stretches
   1. One arm at a time across the body using the other arm to pull the stretching arm into the body
   2. Keep arm at shoulder height
2. Lower Back/ Hip stretch
   1. One leg at a time
   2. Laying flat on your back, bring knee and thigh to your chest and holding
3. Calf stretches
   1. Stand near a wall, arm’s length away, with one foot in front of the other
   2. Keeping your heels on the ground lean into the wall and hold once you feel the stretch along the back of your leg
   3. Repeat for both legs
4. Quad stretch
   1. Standing, can use a wall or chair for balance, use you right hand to bring you right foot up to your back side
   2. Repeat for the left leg
5. Shoulder/ Rotator Cuff Stretch (requires a towel, rope or band)
   1. Place your right behind your back
   2. Place your left hand behind your head
   3. Using the towel in both hands, slowly raise your left hand straight up till you feel your right shoulder stretching
   4. Repeat for left hand