

Principles of Stretching:

Hold each stretch between 15-30 seconds (60s if 65 yrs or older)

Each stretch needs to be performed 2-4x and entire routine 2-3x/wk

IN-Lesson Exercises:

IN Car: Ankle pumps (both directions); Toe curls; Shoulder rolls and shoulder blade “pinches”; Neck ROM

Breaks out of the car: hamstring stretch; standing quad stretch; calf stretch (knee straight and bent); lunging hip flexor stretch; anterior shoulder capsule stretches: rhomboid stretches: scalene neck stretch

Stretches/Exercises IN-Lesson:

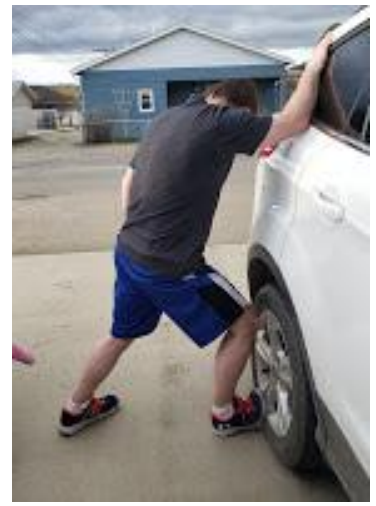
Hamstring Modified



Standing Quad



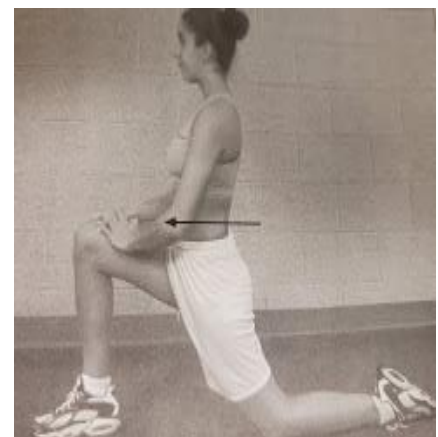
Calf Knee Straight/Bent



Shoulder Peck/Anterior Capsule/Rhomboid



Hip Flexor



AT HOME STRETCHES

Adductor



Hamstring Modifications



Scalene



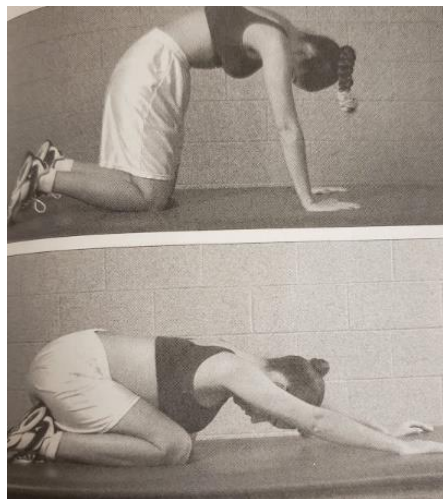
Piriformis Stretches



Glute Stretches



Lumbar Stretches



IT BAND

