Blue Hills
SPORTS & SPINE
Rehabilitation

Braintree: 340 Wood Road, Suite 303   781-535-6053
Weymouth: 15 Winter Court, 2nd Floor   781-340-1480
Plymouth: 45 Resnik Road   508-340-1480
Boston/North Station: 30 Lancaster Street   617-367-4700

Upper Trapezius Stretch

Gently grasp right side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt. Hold __30__ seconds.
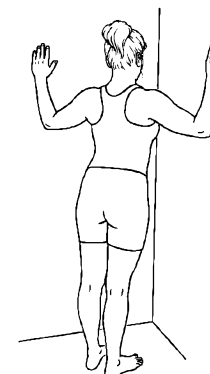
Repeat __2__ times per set.
Do __1__ sets per session.
Do __1__ sessions per day.

Corner Pectoral Stretch

Standing in corner with hands just above shoulder level and feet 10-12 inches from corner, lean forward until a comfortable stretch is felt across chest. Hold __30__ seconds.
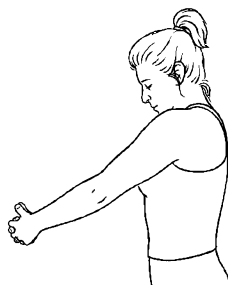
Repeat __2__ times per set.
Do __1__ sets per session.
Do __1__ sessions per day.

Lower Cervical / Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold __30__ seconds.

Repeat __2__ times per set.
Do __1__ sets per session.
Do __1__ sessions per day.

Levator Scapula Stretch

Place left hand on same side shoulder blade. With other hand, gently stretch head down and away. Hold __30__ seconds.
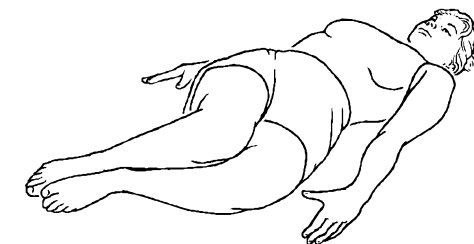
Repeat __2__ times per set.
Do __1__ sets per session.
Do __1__ sessions per day.

Lower Trunk Rotation Stretch

Keeping back flat and feet together, rotate knees to left side. Hold __30__ seconds.

Repeat __2__ times per set. Do __1__ sets per session.
Do __1__ sessions per day.
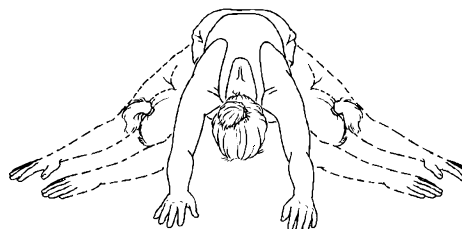
BACK - 20 Mid-Back Stretch

Push chest toward floor, reaching forward as far as possible. Hold __30__ seconds.

Repeat __2__ times per set. Do __1__ sets per session.
Do __1__ sessions per day.

Mid-Back Rotation Stretch

Reach to each side as far as possible, keeping chest low to floor. Hold 30 seconds. Repeat on other side.

Repeat __2__ times per set. Do __1__ sets per session.
Do __1__ sessions per day.

Hamstring Stretches

Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in back of thigh. Hold __30__ seconds.

Repeat __2__ times per set.
Do __1__ sets per session.
Do __1__ sessions per day.