

**Notes:** [info@bluehillspt.com](mailto:info@bluehillspt.com)

**1- Levator scapulae stretch**



Sets:1 / Repetition:2 / Hold::20-:30

**2- Stretching side bending**



Sets:1 / Repetition:2 / Hold::20-:30

**3- Stretching rhomboids**



Sets:1 / Repetition:2 / Hold::20-:30

**4- Stretching side bend**



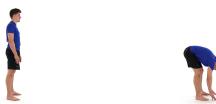
Sets:1 / Repetition:2 / Hold::20-:30

**5- Trunk rotation with stick**



Sets:1 / Repetition:2 / Hold::20-:30

**6- Stretching lumbar flexion**



Sets:1 / Repetition:2 / Hold::20-:30

**7- Stretching quadriceps**



Sets:1 / Repetition:2 / Hold::20-:30

**8- Standing calf stretching**



Sets:1 / Repetition:2 / Hold::20-:30

**9- IT band stretch**



Sets:1 / Repetition:2 / Hold::20-:30

**10- Pectoral stretch in doorway**



Sets:1 / Repetition:2 / Hold::20-:30

**11- Stretching global flexion**



Sets:1 / Repetition:2 / Hold::20-:30

**12- Quadratus lumborum stretching**



Sets:1 / Repetition:2 / Hold::20-:30

**13- Lumbar rotation**



Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 1 : Levator scapulae stretch**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 2 : Stretching side bending**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 3 : Stretching rhomboids**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 4 : Stretching side bend**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 5 : Trunk rotation with stick**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 6 : Stretching lumbar flexion**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 7 : Stretching quadriceps**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 8 : Standing calf stretching**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 9 : IT band stretch**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 10 : Pectoral stretch in doorway**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 11 : Stretching global flexion**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 12 : Quadratus lumborum stretching**

Sets:1 / Repetition:2 / Hold::20-:30



**Exercise 13 : Lumbar rotation**

Sets:1 / Repetition:2 / Hold::20-:30