

**Notes:** 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



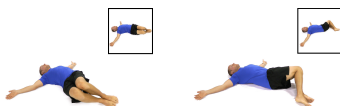
Sets:1 / Repetition:2 / Hold::20-:30

### 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



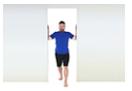
**Exercise 8 : Standing calf stretching**

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