



Blue Hills SPORTS & SPINE Rehabilitation

Braintree: 340 Wood Road, Suite 303 781-535-6053
Weymouth: 541 Main St, Suite 203 781-340-1480
Plymouth: 45 Resnik Road 508-340-1480
Boston/North Station: 30 Lancaster Street 617-367-4700

Backward Bend (Standing)



Arch backward to make hollow of back deeper. Hold 5-10 seconds.

Repeat 5 times per set.

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 for 30 seconds.

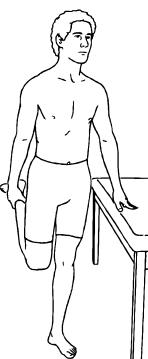
Repeat 2 times per set.

Piriformis Stretch - seated

Cross legs, left on top. Slowly and gently lower chest towards knee until stretch is felt in buttock / hip of the left leg. Hold 30 seconds. Repeat on right side. Do 2 sets of 30 second holds on each leg. Do 1 time per day.



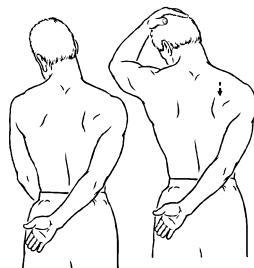
Stretching: Quadriceps (Standing)



Pull right heel toward buttock until stretch is felt in front of thigh. Hold 30 seconds.

Repeat 3 times per set.
Do 1 sets per session.
Do 2 sessions per day.

Upper Shoulder/Neck Stretch



Place right arm across low back and turn head down toward other side. Gently increase stretch by pulling down on head and depressing shoulder girdle.

Hold for 30 Seconds
Repeat twice

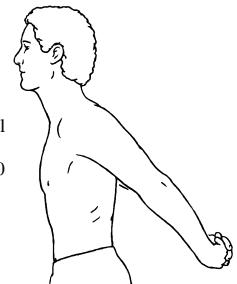
Standing Hamstring/Low Back Stretch

Stand with your feet ~8-10" apart. Keeping your knees straight, slowly bend forward from the waist until a good stretch is felt in your low back and in your hamstrings. Hold this for 20-30 seconds. Slowly return to the starting position.



Repeat 3 times per set
Perform 1 Set per day

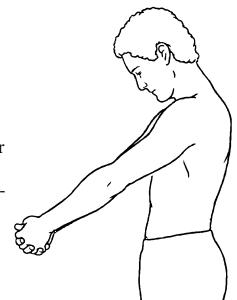
Chest / Bicep Stretch



Lace fingers behind back and squeeze shoulder blades together. Slowly raise and straighten arms. Until you feel a stretch across the front of your chest. Hold for 20 seconds.

Repeat 2 times per set.

Lower Cervical / Upper Thoracic Stretch



Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward until you feel a stretch between your shoulder blades and into the base of your neck. Hold for 20-30 seconds.

Repeat 2 times per set.