

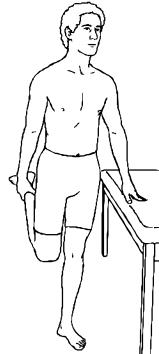


Blue Hills
SPORTS & SPINE
Rehabilitation

Stretching: Quadriceps (Standing)

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

Repeat 3 times per set.
Do 1 sessions per day.



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



Standing Trunk Rotation Stretch



Place a stick (or golf club, bat, shovel, etc) behind your neck and across your shoulders. Stand with your feet shoulder width apart. Slowly rotate towards one side until a good stretch is felt. Hold for 10 seconds. Repeat on opposite side.

Perform 3 Repetitions on each side
Perform 1 Set per day

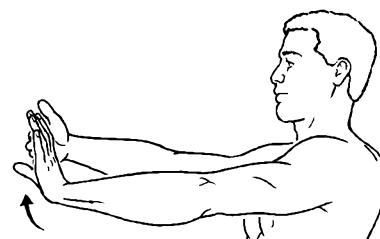
Lower Cervical / Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds.

Repeat 3 times per set.
Do 1 sessions per day.



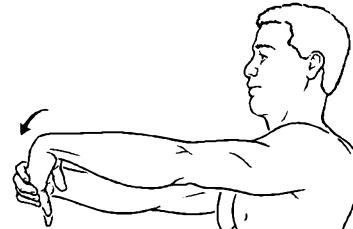
Wrist Flexor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist back until stretch is felt. Hold 30 seconds. Relax.

Repeat 3 times per set.
Do 1 sessions per day.

HAND - 14 Wrist Extensor Stretch



Keeping elbow straight, grasp left hand and slowly bend wrist forward until stretch is felt. Hold 30 seconds. Relax.

Repeat 3 times per set.
Do 1 sessions per day.