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### 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.

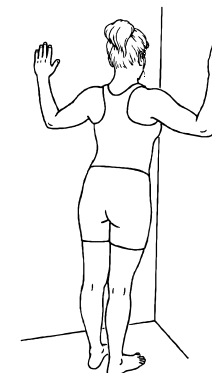
Repeat 2 times per set.  
 Do 1 sets per session.  
 Do 1 sessions per day.



### 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.

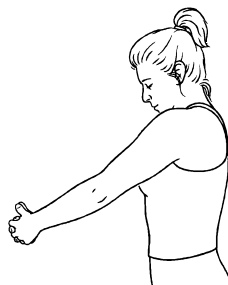
Repeat 2 times per set.  
 Do 1 sets per session.  
 Do 1 sessions per day.



### 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.

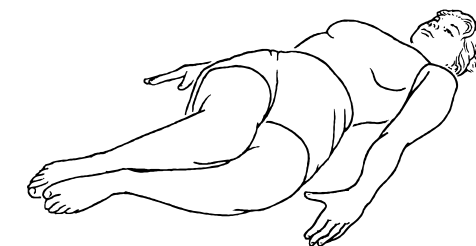
Repeat 2 times per set.  
 Do 1 sets per session.  
 Do 1 sessions per day.



### 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.



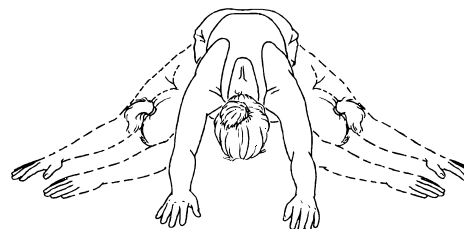
### BACK - 20 Mid-Back Stretch



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.

