

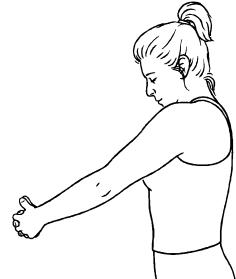


Blue Hills SPORTS & SPINE Rehabilitation

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

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.

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.

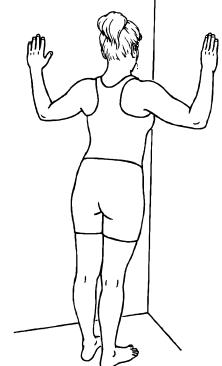
Repeat 2 times per set.
Do 1 sets per session.
Do 1 sessions per day.



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.



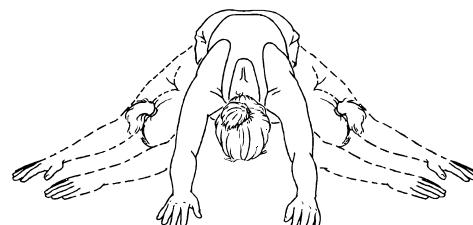
BACK - 20 Mid-Back Stretch



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.

