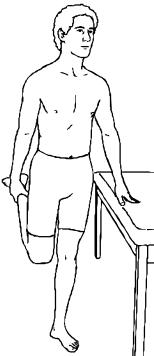




**Blue Hills**  
SPORTS & SPINE  
Rehabilitation

Stretching: Quadriceps (Standing)



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

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.



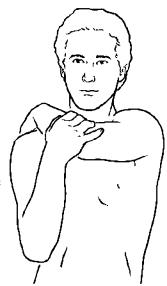
Standing Trunk Rotation Stretch



Place a stick (or golf club, bat, shovel, rake, 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.

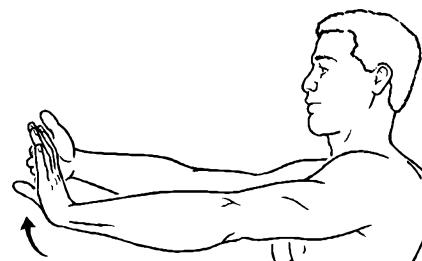
Perform 3 Repetitions on each side  
Perform 1 Set per day

Posterior Shoulder Stretch



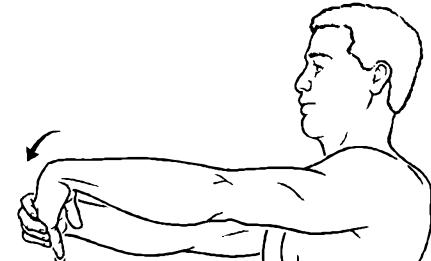
Gently place your left hand on your right shoulder. Gently pull forward on left elbow until stretch is felt in back of the left shoulder. Hold 30 seconds and then repeat on the other side.

Wrist Flexor Stretch



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

Wrist Extensor Stretch



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