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1- Horizontal adduction stretch - Repetition:2 / Hold::20-:30

Start with an arm in front of you with and an elbow bent at 90 °.
Use your free hand and apply pressure on the outside of the elbow in order to bring the arm across your body.
You should feel a stretch behind your shoulder.
Hold the position for the prescribed time.

2- Interior cuff stretch - Repetition:2 / Hold::20-:30

Stand straight and bring one arm overhead with your elbow bent and your hand behind your back.
Use the opposite arm to lightly pull on your elbow to accentuate the stretch.
Hold the position when you feel a comfortable stretch under your arm.

3- Shoulder stretch - Repetition:2 / Hold::20-:30

Stand beside a wall and raise your arm forward to 90 degrees touching the wall.
Lower your hand toward your feet until you feel a stretch at the back of your shoulder.
Place your other hand on your wrist to hold the stretch and relax.

4- Stretching pectorals - Repetition:2 / Hold::20-:30

Stand up straight in front of an open doorway.
Place your hands onto either side of the doorway at shoulder level.
Lean your body weight forward until you feel a stretch along your chest and in front of your shoulders.
Maintain the position and relax.

5- Wall forward lean stretch - Repetition:2 / Hold::20-:30

Stand leaning forward on a wall with the hands at shoulder height.
Step back and bend slightly at the knees.
Lean back and bend at the hips to drop your upper body and head forward through your arms to stretch your shoulders overhead.
Go as far as you can to obtain a good stretch but as pain free as possible.
Return to the starting position and repeat.
Progress by starting with the hands higher on the wall.

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Prepared by: Michael Vacon
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6- Levator scapulae stretch - Repetition:2 / Hold::20-:30

Place one hand behind your buttock to lower your shoulder.
Turn your head to the opposite side and look down.
Gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

7- Stretching upper trap. - Repetition:2 / Hold::20-:30

Stand and put your arms behind your back.
Grasp the arm of the injured side using the opposite hand to lower the shoulder.
Bend your neck to the opposite side until you feel a stretch on top of the shoulder.
Maintain the stretch and relax.

8- Stretching quadriceps - Repetition:2 / Hold::20-:30

Stand in front of a chair and hold on to it with one hand.Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh.Hold the stretch, keeping your lower back neutral and return to the initial position.

9- Standing calf stretching - Repetition:2 / Hold::20-:30

Stand and place both hands on a wall, with your feet about half a meter from the wall.Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.Maintain the stretch and relax.

10- Reverse toe touches - Repetition:2 / Hold::20-:30

Start in standing and slowly squat down as far as you can go.
Place the fingertips on the ground directly under your toes.
Keeping your hands in contact with your feet, lift your buttocks and extend your knees.
Slowly repeat the exercise for the prescribed number of repetitions.

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11- IT band stretch - Repetition:2 / Hold::20-:30

While standing on the involved leg, cross your opposite leg behind your support leg. Then push the hips out to the side and raise your arm overhead until a stretch is felt on the outside of the hip.

12- Trunk rotation with stick - Repetition:10-15 / Hold::02

Stand with your feet hip width apart, knees slightly bent and arms holding a stick on your shoulders behind your head.
Rotate your trunk from side to side under control, keeping your feet and hips facing forward.

13- The windmill - Repetition:10-15 / Hold::02

Start in a wide-legged founder position: legs slightly bent, hips pushed back and weight on your heels.
Bring your arms in front and hold the position for the recommended time.
Keeping the same leg position, fold forward with your back flat and bring one arm down to the ground below your chest. Rotate your opposite arm as high as you can to create a twist.
Hold the position as recommended.
Keep your pelvis locked in place and squared. Keep your weight on your heels with the knees slightly bent.
Switch sides once done.

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