

Low Back

Cross Over



Movement: Lie on your back, one leg straight, the other leg bent and cross over mid line of the body.

Tip: Try to keep both shoulder blades on the ground.

Seated Floor Twist



Movement: Sit with your right hand behind you and the right leg bent with the foot on the outside of the straightened left leg. Brace the left elbow on the outside of the right knee, helping assist the body to twist. Then switch sides.

Tip: Sit tall

Low Back

Cat Cow



Movement: On all fours, knees directly under the hips and hands placed under the shoulders, round the back and tuck the head under, arching the back

Tip: Open the shoulder blades for extra stretch.

Seated Chair Twist Stretch



Movement: Sit tall on the edge of a chair, twist to right, placing left palm on the outside of right knee and right hand behind you on left side of the chair to assist the stretch.

Tip: Sit tall and twist like a corkscrew.

Low Back

Child's Pose



Movement: Sit on your heels with legs bent under you. Reach the arms straight out in front of you as far as you can without lifting your butt off your feet.

Tip: Relax the entire body

Hamstring

Hamstring Stretch



Movement: Lie on your back with one leg up and bent. Hold behind the knee and gently pull knee towards the chest.

Tip: Try to keep the hips on the floor.

Hamstring

Runner's Hamstring Stretch



Movement: Sit tall with one leg straight and the other bent with foot to the groin. Staying tall, lean your chest forward.

Tip: Try to lean forward, not chest to leg.

Straight Leg Up



Movement: Lie on your back one leg bent with the foot on the floor the other straight up in the air. Holding gently behind the knee, pull the leg towards you.

Tip: Keep both hips on the floor.

Hamstring

Single Leg Stretch With Band



Movement: Lie on your back one leg bent with the foot on the floor the other straight up in the air. Place one end of the band around the foot, holding the other end, pulling the leg towards your head.

Tip: Keep both hips on the floor.

Inner Thigh

Groin/Inner Thigh Stretch



Movement: Sit tall with the legs bent with the bottoms of the feet together, close to the body. Gently let the knees drop open.

Tip: The closer the feet to the body, the more challenging stretch.

[Back](#)

Standing Reach Up Stretch



Movement: Stand tall and arms up over head, hands together. Reach up with both arms.

Tip: Keep shoulders from riding up.

Seated Reach Up Stretch



Movement: Sit tall and arms up over head, hands together. Reach up with both arms.

Tip: Keep shoulders from riding up.

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Bent over Chair Reach Stretch



Movement: With hands on a chair, standing a few feet back, bend at the hips and drop your chest between the arms.

Tip: Pull hips back as the chest drops for extra stretch.

Seated Body Cross Stretch



Movement: Sit on the edge of a chair with knees and feet together. Keeping hips straight, reach one arm across the body at shoulder height with the other arm on the back of the chair to brace the body.

Tip: Think of reaching your finger tips to the wall as your hips stay in the chair.

[Back](#)

Rounded Back Stretch



Movement: Stand with feet a bit wider than shoulder width apart. Lift your arms up to shoulder height and round the back as you reach the arms forward.

Tip: Imagine separating the shoulder blades for a greater stretch.

[Quad](#)

Standing Foot Hold Stretch



Movement: Stand on one leg as you hold the foot of the other bent leg behind you.

Tip: Imagine pressing the knee down towards the ground as you pull the foot up for a full stretch.

Quad

Assisted Standing Foot Hold Stretch



Movement: Holding on to a chair for balance, stand on one leg as you hold the foot of the other bent leg behind you.

Tip: Imagine pressing the knee down towards the ground as you pull the foot up for a full stretch.

Hip Flexor Stretch



Movement: In a one leg kneeling position and the back leg lying on the floor, sink the hip of the back leg forward.

Tip: Put a pillow or towel under the knee for more comfort.

Tricep

Overhead Tricep Stretch



Movement: Stand tall with one arm bent behind the head, elbow pointing up. Try to drop the shoulder as the other hand assists in the stretch, pulling the elbow back.

Tip: Try not to sway the back.

Shoulder

Across Body Shoulder Stretch



Movement: Stand with one arm across the body at shoulder height, bending the other arm to a 90 degree angle, helping assist in the stretch, pulling it closer to the body.

Tip: Keep shoulder down for greater stretch.

Shoulder

90 Degree Rotator Cuff Stretch



Movement: Stand with feet just wider than shoulder width, arms up at a 90 degree angle. Keeping the elbows up, rotate the forearm to the front and back, trying to stabilize the shoulder.

Tip: Imagine rotating from the shoulder.

Neck

Head Drop Side Stretch



Movement: Stand with the head tilted, ear towards the shoulder. The other arm hangs down, fingers toward the ground for a greater stretch. Use the opposite hand to gently assist the stretch.

Tip: Do not pull neck too hard.

Neck

Head Drop Front Stretch



Movement: Stand with the head dropped gently forward, you can assist with both hands behind the head easing into the stretch.

Tip: Do not add too much pressure to the neck.

Chest

Hands Behind Head Stretch



Movement: Stand or sit with both hands behind the head. Keeping the chest forward, draw the elbows back.

Tip: Try not to arch.

Chest

Hands On Chair Stretch



Movement: Stand with your back to a chair and reach behind. Placing both hands on the chair, open the chest as you reach your hands back.

Tip: Keep your shoulders down.

Abs

Cobra Stretch



Movement: Lie on your stomach and your hands out in front of you with your hands on the ground. Press the upper body up and look to the ceiling.

Tip: Be sure not to hyper extend the neck, just enough to look up.

Abs

Overhead Slide Stretch



Movement: Stand with feet a bit wider than shoulder width apart and hands overhead. With both hands together reach up and over to the side.

Tip: Imagine the shoulder and hip separating.

Glute

Glute Stretch



Movement: Lie on your back with left ankle over the right knee. Hold both hands behind the right knee and draw both legs to the chest.

Tip: Try to keep hips on the floor.

Fingers

Finger Stretch



Movement: Sit or stand with your arms out in front of you. Open and close the fists and wiggle the fingers in a large range of motion.

Tip: Circle wrists as well.

Wrists

Wrist Stretch



Movement: Sit or stand with your arms in front of you. Gently bend one wrist down while the opposite hand assists in a deeper stretch.

Tip: Stretch wrist in both directions.

Ankle

Ankle Stretch



Movement: Sit on the edge of a chair with one leg straight out. Rotate the ankle in large circles in both directions.

Tip: Try to sit tall.

Bicep

Biceps Stretch on Chair



Movement: Stand with your back to the chair and reach one arm behind to the chair. Turn the body in the opposite direction as the arm rotates open.

Tip: Stand with feet split for greater stretch.

Calf

Downward Dog



Movement: In a pike position, on your hands and feet with butt in the air and back straight, lower the heels to the ground.

Tip: Alternate one at a time for greater range of motion.