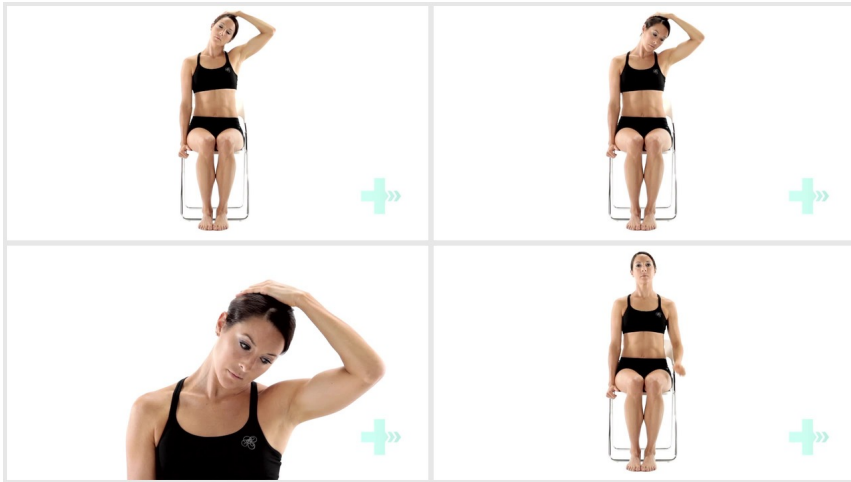


1. Two-part neck stretch

1 Set / 2 Reps / 20 s hold



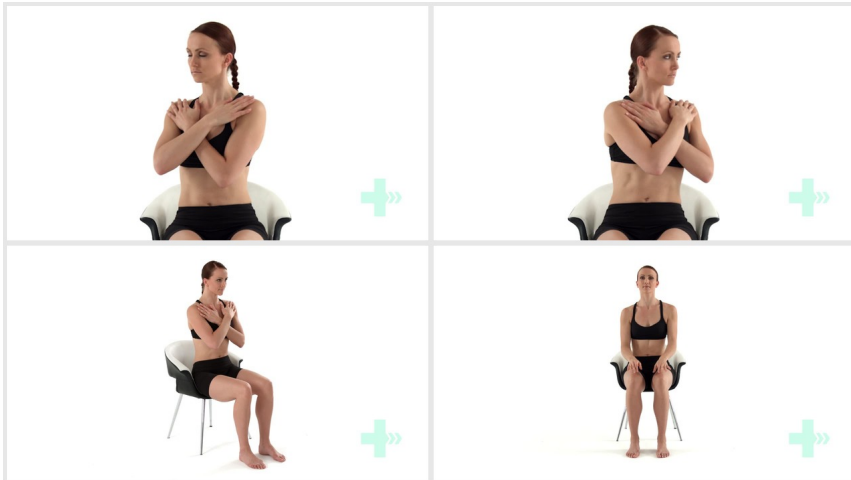
Start in a seated position.

Take you hand, place it on your head and gently pull your ear towards your shoulder and hold.

Then angle the head looking down towards the knee and gently pull the head with comfortable tension.

2. Sitting active trunk rotations

1 Set / 6 Reps / 1 s hold



Sit straight on a chair.

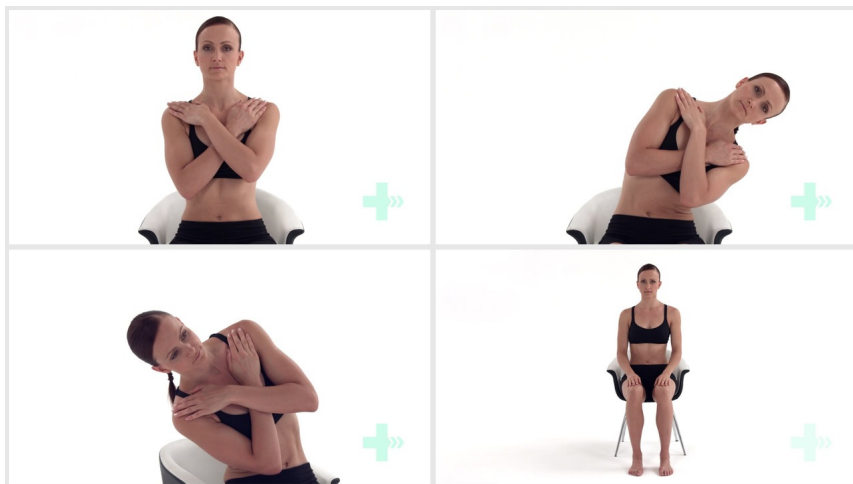
Cross your arms over your chest.

Rotate your body around to one side and then around to the other holding each position.

Continue this movement.

3. Sitting active trunk side flexion

1 Set / 6 Reps / 1 s hold



Sit straight in a chair.

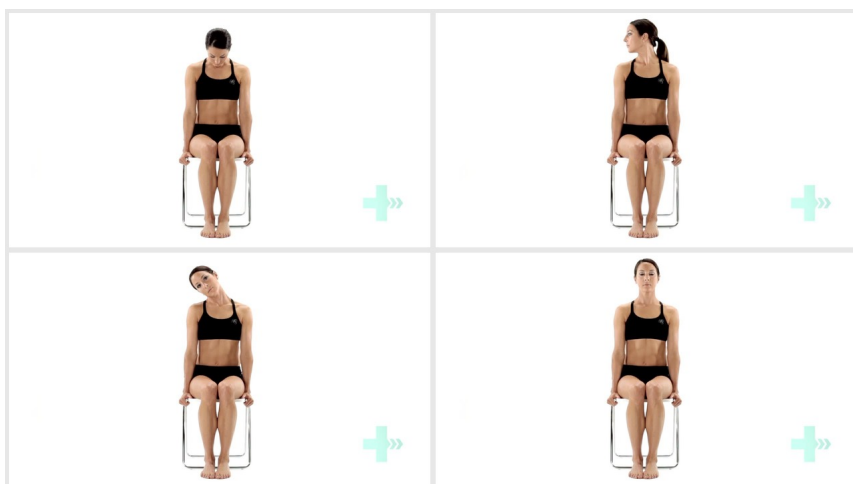
Cross your arms over your chest.

Lean your upper body out to one side and hold and then lean to the other side and hold.

Relax and repeat.

4. Cervical AROM

1 Set / 6 Reps



Start in a seated position looking straight forward.

Look down towards the floor, look up towards the ceiling.

Look over your right shoulder, look over the left shoulder.

Take your right ear to your right shoulder, take your left ear to your left shoulder.

Keep your shoulders down at all times.

5. Overhead stretch

1 Set / 5 Reps / 10 s hold



Start in a seated position and interlock your fingers.

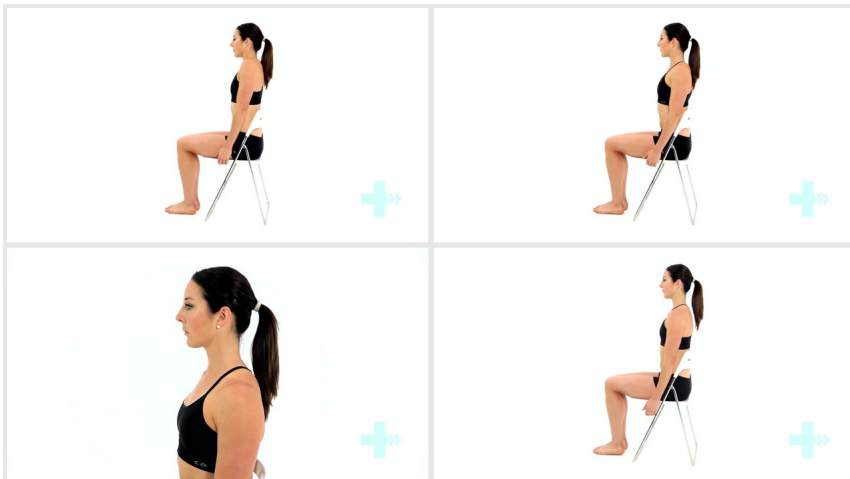
Raise your arms above your head and rotate your hands so they are facing palm up.

Push your arms upwards, feeling the stretch through your sides and shoulders.

Hold this position before you relax and repeat the movement again.

6. Shoulder circles

1 Set / 6 Reps

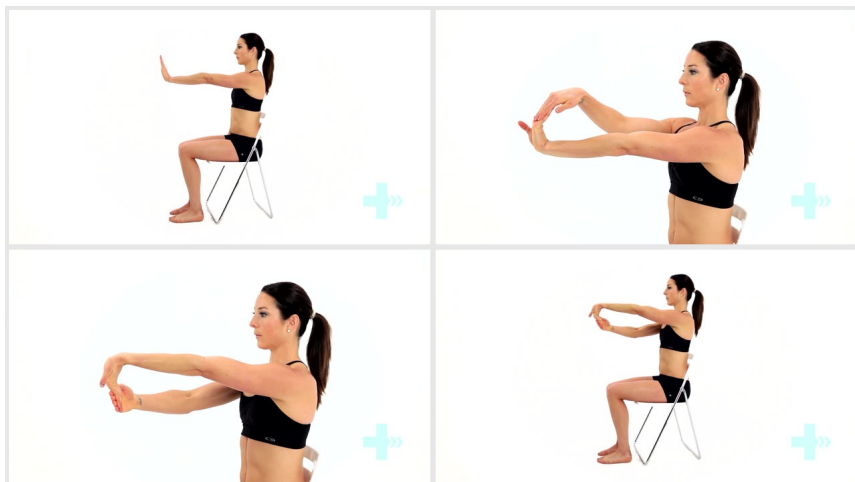


Roll your shoulders in a circle, pulling them forwards, up, back and down.

Imagine you are moving them around a clock face.

7. PROM finger extension stretch (pronation and supination)

1 Set / 1 Rep / 20 s hold



Sit in a chair.

Take your arm out in front of you.

With your opposite hand, pull back four fingers.

Leave the thumb out of the stretch.

Hold this position.

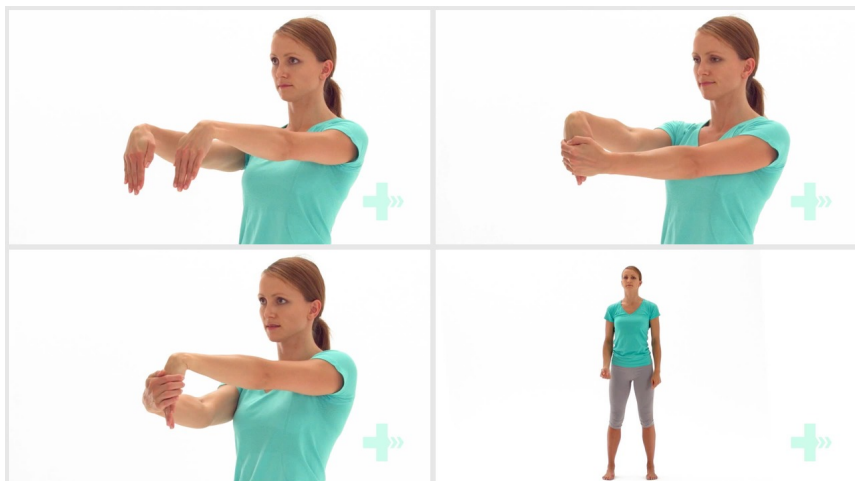
Turn your hand over and pull down on the fingers.

Pull down and back on the fingers again, leaving the thumb out of the stretch.

Keep your elbow straight.

8. PROM wrist flexion

1 Set / 1 Rep / 20 s hold



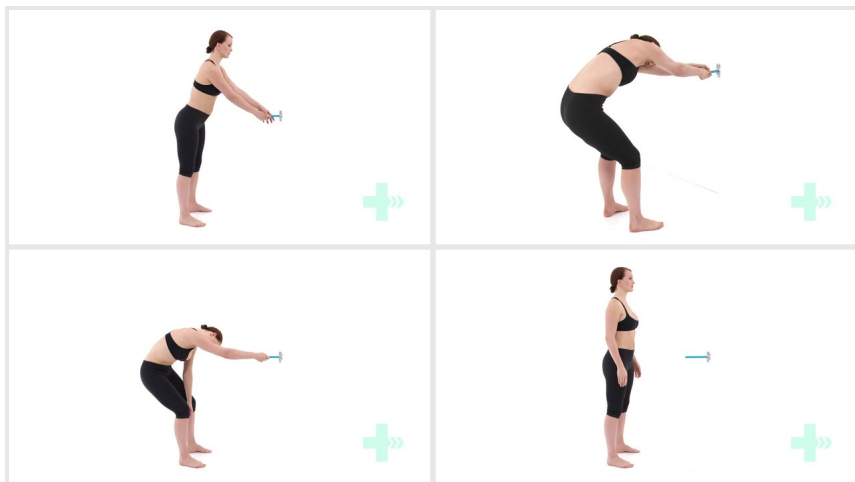
Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.

With your other hand, apply a gentle pressure to the back of your wrist and hold.

You should feel this stretch down the back of your forearm.

9. Latissimus dorsi stretch door

1 Set / 3 Reps / 15 s hold



Stand up straight facing a door or rail.

Hold onto the handle with both hands.

Bend your knees a little and lean back off the door, pushing your hips back behind you.

Round your back and tuck your tail bone under.

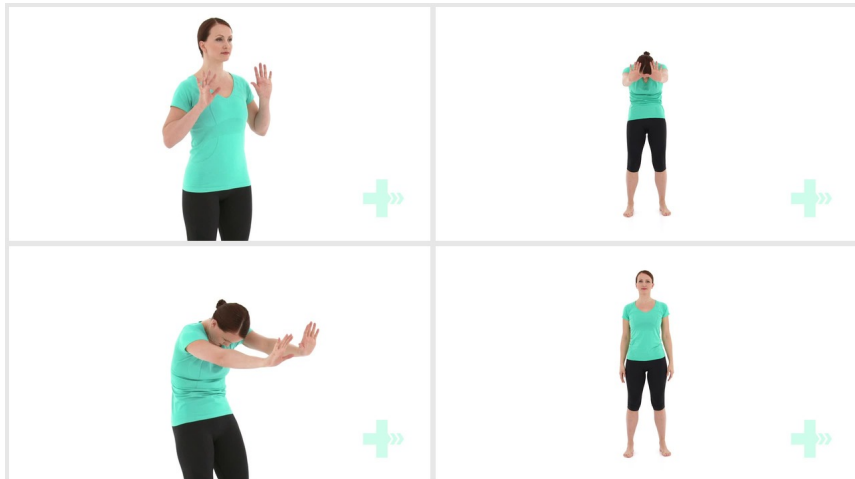
Keeping this position, side bend away from the side you would like to stretch.

You may also wish to reduce your grip, or even let go of the handle, on the opposite side you'd like to stretch.

Hold this position.

10. Standing cat and camel

1 Set / 6 Reps / 5 s hold



Stand up straight with your legs hips width apart and knees softened.

Bend your elbows so that your hands are in front of your shoulders, palms facing forwards.

Inhale, pulling your shoulder blades together, arching your upper and lower back and moving your gaze up a little.

Exhale, pushing your palms forwards, tucking your chin to your chest, rounding your upper and lower back and tucking your tail bone under.

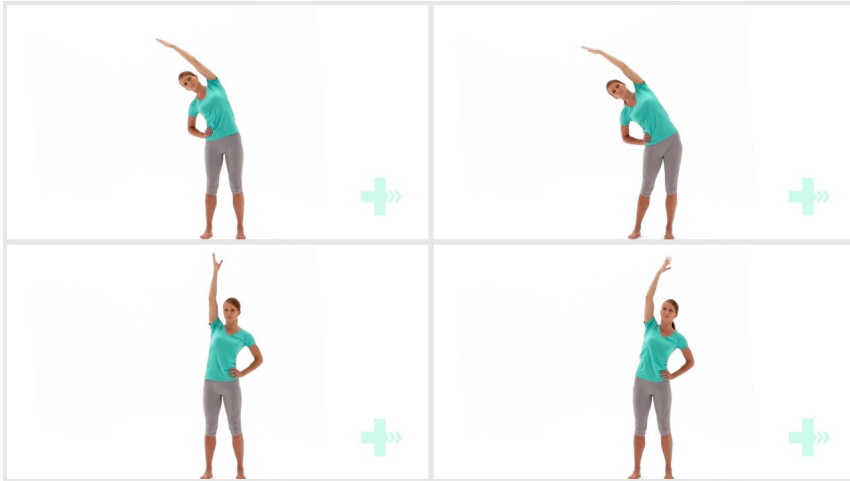
Inhale, pulling your shoulder blades back together, bending your elbows and arching your back again.

Exhale, pushing your palms forwards and rounding your back again.

Continue this motion at a steady pace.

11. Lateral trunk stretch

1 Set / 6 Reps / 5 s hold



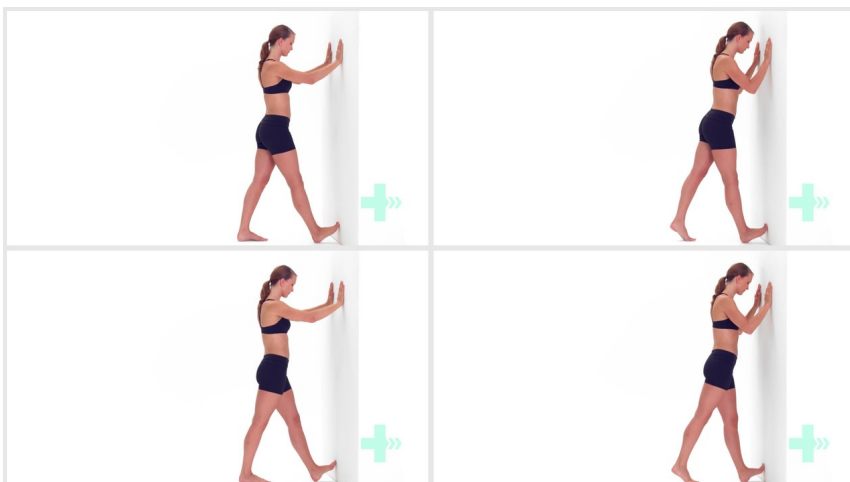
Stand with your feet shoulder width apart and place one hand on your hip.

Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction.

Hold this position before you repeat on the other side.

12. Wall gastrocnemius stretch

1 Set / 3 Reps / 20 s hold



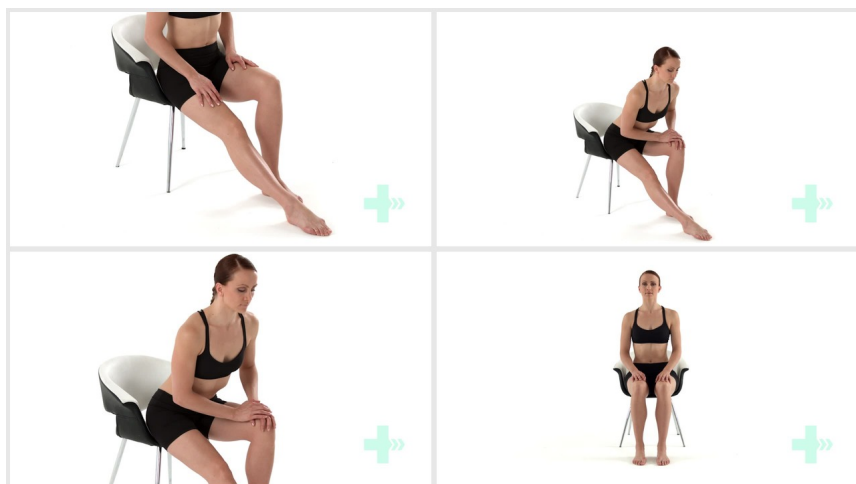
Place your toes against a wall, keeping the heel on the ground.

Maintaining a straight knee, move your body forwards until you feel a stretch down the back of the calf.

Hold this position, and repeat on the other side.

13. Hamstring stretch in sit

1 Set / 3 Reps / 20 s hold



Sit in a chair.

Place your affected leg out in front of you.

Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.