



## Blue Hills SPORTS & SPINE Rehabilitation

### 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.

Repeat 3 times per set  
Perform 1 Set per day



### Standing Trunk Rotation Stretch



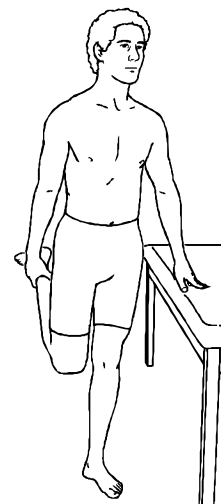
Place a stick (or golf club, bat, shovel, etc) behind your neck and across your shoulders. Stand with your feet shoulder width apart. Slowly rotate towards one side until a good stretch is felt. Hold for 10 seconds. Repeat on opposite side.

Perform 3 Repetitions on each side  
Perform 1 Set per day

### Stretching: Quadriceps (Standing)

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

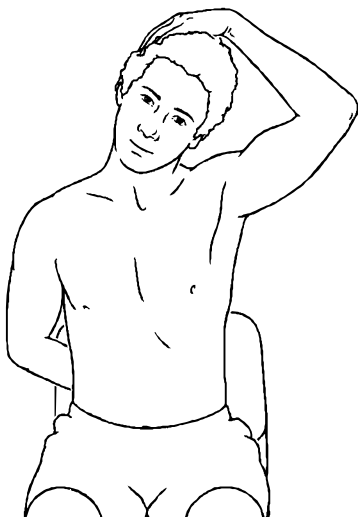
Repeat 3 times per set.  
Do 1 sessions per day.



### 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 on opposite side.

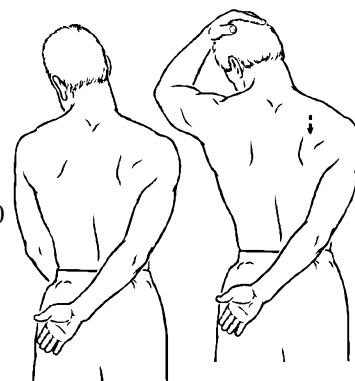
Repeat 3 times per set.  
Do 1 sessions per day.



### Levator Scapulae Stretch

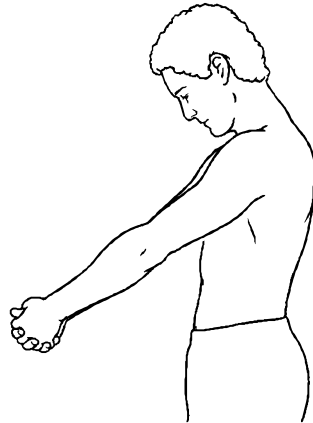
Place right arm across low back and turn head down toward other side. Gently increase stretch by pulling down on head and depressing shoulder girdle. Hold for 30 Seconds. Repeat on Opposite side

Repeat 3 times per set.  
Do 1 sessions per day.



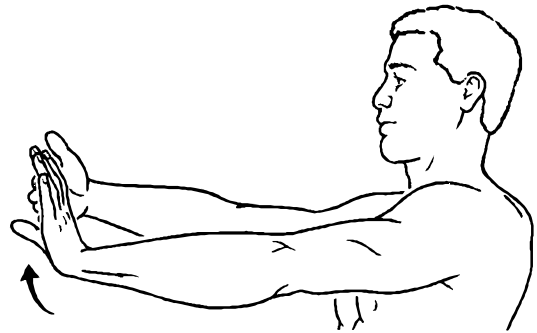
Lower Cervical / Upper Thoracic Stretch

Clasp hands together in front with arms extended. Gently pull shoulder blades apart and bend head forward. Hold 30 seconds.



Repeat 3 times per set.  
Do 1 sessions per day.

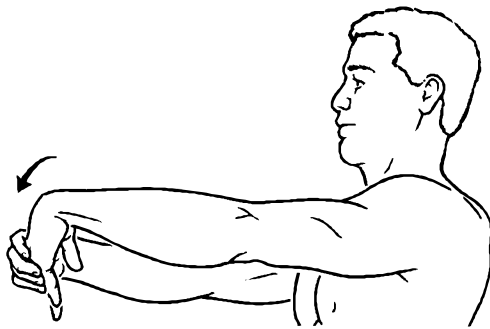
Wrist Flexor Stretch



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

Repeat 3 times per set.  
Do 1 sessions per day.

HAND - 14 Wrist Extensor Stretch



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

Repeat 3 times per set.  
Do 1 sessions per day.