## Upper and Lower Body Stretches

### Bar Shoulder Abduction Stretch
- **a.** In a seated or standing position, grasp pole at both ends.
- **b.** Keep arm relaxed and straight as you push out and up.
- **c.** Hold for five seconds, repeat 10 times.
- **d.** Repeat on opposite side.
- **e.** Complete two sessions per day.

### Bar Shoulder Flexion Stretch
- **a.** In a seated or standing position, grasp pole at both ends.
- **b.** Starting from the hips, keep arm relaxed and straight as you push forward and up.
- **c.** Hold for five seconds, repeat 10 times.
- **d.** Repeat on opposite side.
- **e.** Complete two sessions per day.

### Horizontal Adduction Posterior Shoulder Stretch
- **a.** Stand up tall with good posture.
- **b.** Keeping your arm straight, pull one arm across your chest by placing other hand behind the elbow of the straight arm.
- **c.** Attempt to push your straight arm across your body for added pressure.
- **d.** Hold for 30 seconds, repeat twice.
- **e.** Repeat on opposite side.
- **f.** Complete two sessions per day.

### Side Lying Sleeper Stretch
- **a.** Lie on side with your shoulder stacked underneath you.
- **b.** Bring elbow to shoulder level and bend your elbow so hand is facing toward the ground.
- **c.** Use opposite hand and press forearm down toward the ground.
- **d.** Hold for 30 seconds, repeat twice.
- **e.** Repeat on opposite side.
- **f.** Complete two sessions per day.
UPPER AND LOWER BODY STRETCHES

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PECTORALIS STRETCH

a. Stand next to a stable structure with arm up at shoulder height and elbow bent
b. Place one foot forward.
c. Bend the front knee forward until you feel stretch in the front of your chest.
d. Hold this position for 30 seconds, repeat twice.
e. Repeat on opposite side.
f. Complete two sessions per day.

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‘ANGEL WINGS’ SCAPULA RETRACTION STRETCH

a. Start with back against the wall; heels about 4 inches from the wall.
b. Raise arms to shoulder height with elbows bent and back of hands against the wall.
c. While maintaining shoulder blades along wall; slowly begin to straighten arms.
d. Back of hands, shoulders, upper back should all stay along the wall during entire stretch.
e. Hold for 10-15 seconds; repeat six times.
f. Complete two sessions per day.

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PENDULUMS

a. Lean against a wall, table or chair using your arm for support.
b. Bending at the waist, let your other arm hang, keeping your arm and shoulder muscles relaxed.
c. Sway your body in a circular motion, allowing your momentum to swing your arm clockwise and then counterclockwise.
d. Continue this motion for 30 seconds, repeat twice.
e. Repeat on opposite side.
f. Complete two sessions per day.

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LUMBAR ROTATION STRETCH

a. Lie on back with legs straight.
b. Bend one knee up to chest and grasp outside of the knee with opposite hand.
c. Twist trunk to one side while shoulders maintain contact with the ground.
d. Hold for 10 seconds, then switch to the other side.
e. Repeat 20 times (10 reps on each side).
f. Complete two sessions per day.
UPPER AND LOWER BODY STRETCHES

GROIN STRETCH
a. Sit with knees bent, soles of feet together.
b. Slowly let your knees drop down.
c. Grasp ankles with hands and lean forward from the hips.
d. Hold for 30 seconds, repeat twice.
e. Complete two sessions per day.

CHILDS POSE STRETCH
a. Get in four-point position on hands and knees, shoulder width apart.
b. Hips should be bent at 90 degrees and back should be in neutral spine.
c. Slowly move hips backward, and sit on your heels. Relax neck and shoulders.
d. Hold for 30 seconds, repeat twice.
e. Complete two sessions per day.

DOUBLE KNEE TO CHEST STRETCH
a. Lie on back with legs straight.
b. Pull both knees to chest with hands while tilting chin toward chest.
c. Hold for 30 seconds, repeat twice.
d. Complete two sessions per day.

‘CAT-COW’ STRETCH
a. Get in four-point position on hands and knees, shoulder width apart.
b. Hips should be bent at 90 degrees and back should be in neutral spine.
c. Cat: Tuck chin to your chest and arch your back. Hold for five seconds.
d. Cow: Raise chin, look up and dip your back. Hold for five seconds.
e. Alternate between “cat” and “cow” positions.
f. Repeat 20 times.
g. Complete two sessions per day.

FIGURE 4

GLUTE STRETCH
a. Lie on back, bend one knee keeping the foot on the ground.
b. Cross opposite ankle over bent knee.
c. Gently pull bent knee toward your chest by wrapping hands around thigh.
d. Hold for 30 seconds, repeat twice.
e. Repeat on opposite side.
f. Complete two sessions per day.
UPPER AND LOWER BODY STRETCHES

HIP FLEXOR STRETCH

a. Take big step into a forward lunge. Back leg is kneeling on ground.
b. Front leg is positioned with knee over ankle. (Do not allow knee to push past toes.)
c. Push hips forward while raising arms up and over head.
d. Hold for 30 seconds, repeat twice.
e. Repeat on opposite side.
f. Complete two sessions per day.

STANDING WALL CALF STRETCH

a. Stand facing a wall, with one leg forward in a slight lunge position.
b. Place your hands on the wall and lean forward, keeping your back heel on the ground.
c. Your body should be at an angle as you lean against the wall.
d. Hold for 30 seconds, repeat twice.
e. Repeat on opposite side.
f. Complete two sessions per day.

STANDING QUADRICEP STRETCH

a. Stand on one leg and bring the opposite foot back by grabbing the top of foot with hand.
b. Keep core tight and keep knees together.
c. Hold for 30 seconds, repeat twice.
d. Repeat on opposite side.
e. Complete two sessions per day.

STANDING HAMSTRING STRETCH

a. Stand with both legs slightly bent and knees together. Slowly straighten out one leg.
b. Reach down with both hands and try to pull toes of the straight leg toward you.
c. Hold for 30 seconds, repeat twice.
d. Repeat on opposite side.
e. Complete two sessions per day.

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