

Standing Calf Stretch - Left



Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)
7 x/Week	1 x/Day	1	3	20

Equipment
Chair

- Starting Position:** Begin standing in an upright position, with your hands on a stable surface. Place your feet in a staggered stance, with your left foot back.
- Movement Strategy:** Keeping your knee straight and foot firmly planted on the floor, slowly push your hips forward until you feel a stretch in your calf and ankle. Hold for the prescribed amount of time.
- Focal Points:** Focus on keeping your heel grounded throughout the exercise. Avoid letting your ankle roll in or out, keeping your foot forward facing.

Provider note:

Standing Calf Stretch - Right



Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)
7 x/Week	1 x/Day	1	3	20

Equipment
Chair

- Starting Position:** Begin standing in an upright position, with your hands on a stable surface. Place your feet in a staggered stance, with your right foot back.
- Movement Strategy:** Keeping your knee straight and foot firmly planted on the floor, slowly push your hips forward until you feel a stretch in your calf and ankle. Hold for the prescribed amount of time.
- Focal Points:** Focus on keeping your heel grounded throughout the exercise. Avoid letting your ankle roll in or out, keeping your foot forward facing.

Provider note:

Standing Soleus Stretch - Left

Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)
7 x/Week	1 x/Day	1	3	20

Equipment
Chair



Starting Position: Begin standing in an upright position, with your hands on a stable surface. Place your feet in a staggered stance, with your left foot back.

Movement Strategy: Keeping your foot firmly planted on the floor, slowly bend your knee forward over your foot until you feel a stretch in your calf and ankle. Hold for the prescribed amount of time.

Focal Points: Focus on keeping your heel grounded throughout the exercise. Aim to push your knee over your third and fourth toes.

Provider note:

Standing Soleus Stretch - Right

Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)
7 x/Week	1 x/Day	1	3	20

Equipment
Chair



Starting Position: Begin standing in an upright position, with your hands on a stable surface. Place your feet in a staggered stance, with your right foot back.

Movement Strategy: Keeping your foot firmly planted on the floor, slowly bend your knee forward over your foot until you feel a stretch in your calf and ankle. Hold for the prescribed amount of time.

Focal Points: Focus on keeping your heel grounded throughout the exercise. Aim to push your knee over your third and fourth toes.

Provider note:

Seated Figure 4 Stretch - Left

Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)
7 x/Week	1 x/Day	1	3	20

Equipment
Chair



Starting Position: Begin sitting in an upright position, with your left leg crossed over your right. Place your hand on your knee.

Movement Strategy: With control, gently press your knee down toward the floor, and simultaneously hinge your trunk forward, until you feel a comfortable stretch in your hip. Hold for the prescribed amount of time.

Focal Points: Throughout the stretch, avoid rounding your spine forward, being intentional to keep your back straight.

Provider note:

Seated Figure 4 Stretch - Right

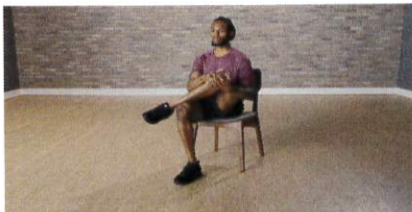
Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)	Equipment
7 x/Week	1 x/Day	1	3	20	Chair



- Starting Position:** Begin sitting in an upright position, with your right leg crossed over your left. Place your hand on your knee.
- Movement Strategy:** With control, gently press your knee down toward the floor, and simultaneously hinge your trunk forward, until you feel a comfortable stretch in your hip. Hold for the prescribed amount of time.
- Focal Points:** Throughout the stretch, avoid rounding your spine forward, being intentional to keep your back straight.
- Provider note:**

Seated Piriformis Stretch - Left

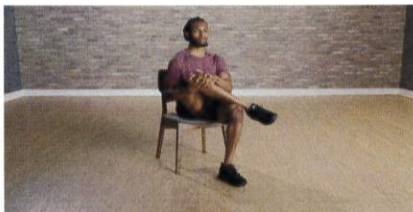
Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)	Equipment
7 x/Week	1 x/Day	1	3	20	Chair



- Starting Position:** Begin sitting, with your left leg crossed over your right. Grasp your left knee with both hands.
- Movement Strategy:** With control, pull your knee up toward your opposite shoulder until you feel a stretch in your glute. Hold for the prescribed amount of time.
- Focal Points:** Only lift your knee up as far as comfortable to feel a mild, pain-free stretch. Despite the stretching intent, stay mindful of your posture.
- Provider note:**

Seated Piriformis Stretch - Right

Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)	Equipment
7 x/Week	1 x/Day	1	3	20	Chair



- Starting Position:** Begin sitting, with your right leg crossed over your left. Grasp your right knee with both hands.
- Movement Strategy:** With control, pull your knee up toward your opposite shoulder until you feel a stretch in your glute. Hold for the prescribed amount of time.
- Focal Points:** Only lift your knee up as far as comfortable to feel a mild, pain-free stretch. Despite the stretching intent, stay mindful of your posture.
- Provider note:**

Seated Thoracic Rotation



Times/Week 7 x/Week **Times/Day** 1 x/Day **Sets** 1 **Reps** 3 **Hold (seconds/rep)** 20

Equipment
Chair

Starting Position: Begin sitting in an upright position, with your arms folded across your chest.

Movement Strategy: With control, rotate your head and upper body until you feel a stretch in your mid back. Pause briefly, relax, and repeat on the other side.

Focal Points: With each rep, allow your mid back to determine how far you rotate, while keeping your lower body locked in place.

Provider note:

Seated Upper Trapezius Stretch with Overpressure - Left



Times/Week 7 x/Week **Times/Day** 1 x/Day **Sets** 1 **Reps** 3 **Hold (seconds/rep)** 20

Equipment
Chair

Starting Position: Begin sitting in an upright position. Grasp the side of the chair with your left hand, and prepare to stretch the left side of your neck.

Movement Strategy: With control, tilt your head toward your opposite shoulder, until you feel a stretch in the side of your neck. Hold for the prescribed amount of time.

Focal Points: Grasp the side of the chair seat firmly to avoid shrugging your shoulder. Throughout the stretch, keep your gaze forward.

Provider note:

Seated Upper Trapezius Stretch with Overpressure - Right



Times/Week 7 x/Week **Times/Day** 1 x/Day **Sets** 1 **Reps** 3 **Hold (seconds/rep)** 20

Equipment
Chair

Starting Position: Begin sitting in an upright position. Grasp the side of the chair with your right hand, and prepare to stretch the right side of your neck.

Movement Strategy: With control, tilt your head toward your opposite shoulder, until you feel a stretch in the side of your neck. Hold for the prescribed amount of time.

Focal Points: Grasp the side of the chair seat firmly to avoid shrugging your shoulder. Throughout the stretch, keep your gaze forward.

Provider note:

Doorway Pec Stretch - Low



Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)	Equipment
7 x/Week	1 x/Day	1	3	20	Doorway

Starting Position: Begin standing in an upright position in a door frame. With your arms straight, place your hands on the door frame at hip height.

Movement Strategy: With control, gently lean your trunk forward until you feel a comfortable stretch in the front of your shoulders and chest. Hold for the prescribed amount of time.

Focal Points: Throughout the stretch, stay mindful of your posture

Provider note:

Seated Hamstring Stretch Edge of Bed - Left



Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)	Equipment
7 x/Week	1 x/Day	1	3	20	Bed

Starting Position: Begin sitting on the edge of a bed. Prop your left leg straight on the bed, with your right foot on the ground.

Movement Strategy: Keeping your leg straight, hinge your upper body forward and reach for your foot until you feel a comfortable stretch along the back of your thigh. Hold for the prescribed amount of time.

Focal Points: Focus on keeping your leg straight throughout the exercise. Avoid rounding your spine forward, being intentional to keep your back straight.

Provider note:

Seated Hamstring Stretch Edge of Bed - Right



Times/Week	Times/Day	Sets	Reps	Hold (seconds/rep)	Equipment
7 x/Week	1 x/Day	1	3	20	Bed

Starting Position: Begin sitting on the edge of a bed. Prop your right leg straight on the bed, with your left foot on the ground.

Movement Strategy: Keeping your leg straight, hinge your upper body forward and reach for your foot until you feel a comfortable stretch along the back of your thigh. Hold for the prescribed amount of time.

Focal Points: Focus on keeping your leg straight throughout the exercise. Avoid rounding your spine forward, being intentional to keep your back straight.

Provider note: