



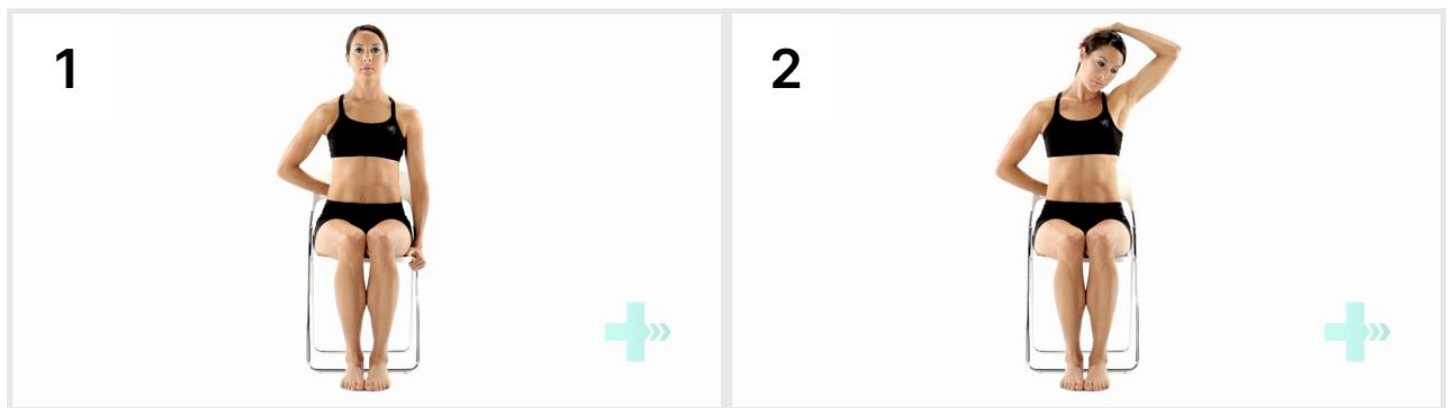
Smart Health Training
and Services

12-22

Richmond Road
KESWICK, 5035

1. Levator scapula stretch

1 Set • 1 Rep • 1 s hold



Start in a seated position.

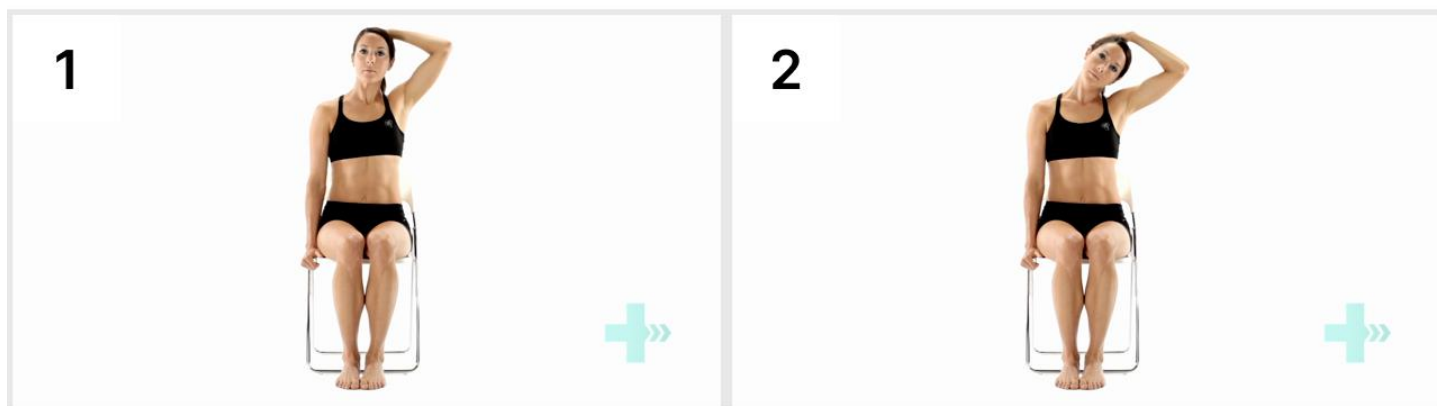
Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

2. Upper trapezius stretch

1 Set • 4 Reps • 10 s hold



Start in a seated position.

Place the hand on the symptomatic side under your chair.

Take your other hand and place it on your head.

Tilt your ear directly down towards your shoulder and hold this position.

You should feel a stretch down the side of your neck.

3. Chin tuck

1 Set • 10 Reps • 2 s hold



Stand straight, looking ahead, and place two fingers on your chin.
Push your chin so that your head goes straight back, lengthening through the back of your neck, and keeping your eyes forwards.
Hold, and then relax.

4. Cervical lateral flexion stretch

1 Set • 4 Reps • 10 s hold



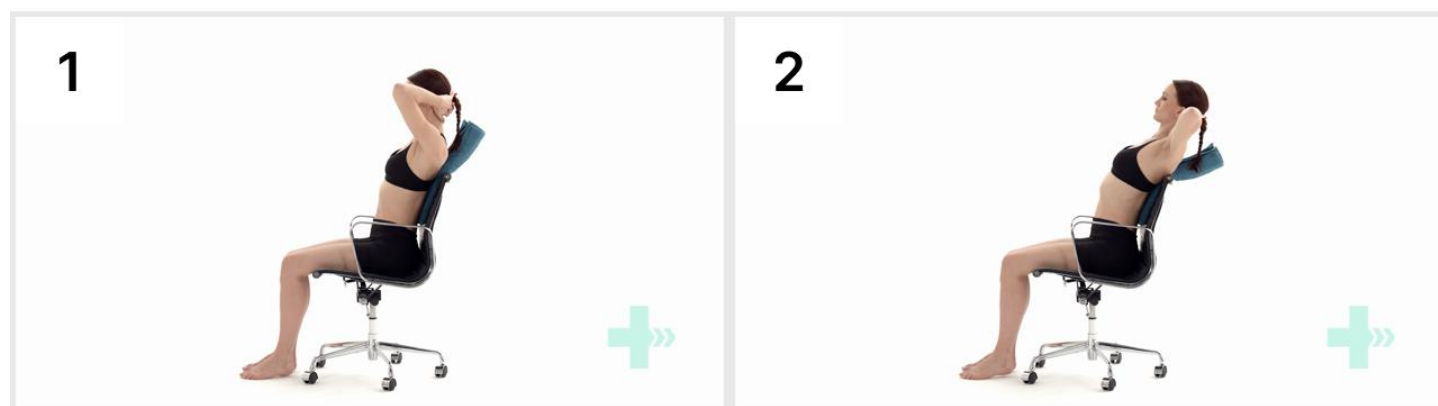
Gently tilt your head to one side until you feel the stretch on the opposite side.

If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.

Repeat on the opposite side.

5. Thoracic extension in chair with towel

1 Set • 5 Reps • 3 s hold



Start in a seated position, with your feet on the floor.

Place a rolled up towel between the backrest and your upper spine.

Place your hands on your neck and interlace your fingers.

Point your elbows to the front.

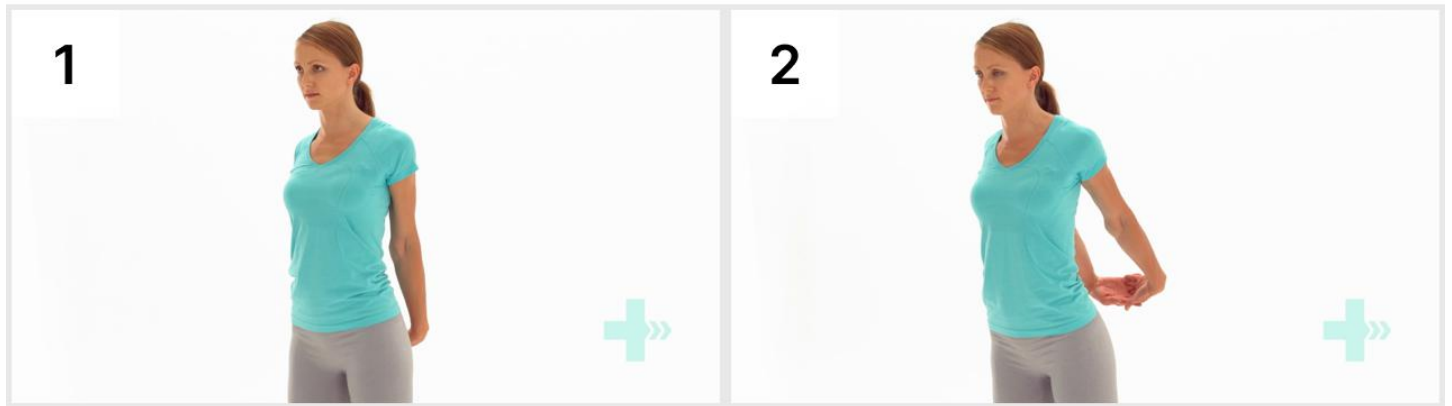
From this position, lean backwards over the towel.

Hold this position for the required time.

After this, you can move the towel upwards or downwards.

6. Chest stretch

1 Set • 4 Reps • 10 s hold



Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.

Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

7. Pec stretch - mid fibres with pec minor

1 Set • 3 Reps • 10 s hold



Stand with your affected side closest to the wall and place your forearm down a door frame around shoulder height.

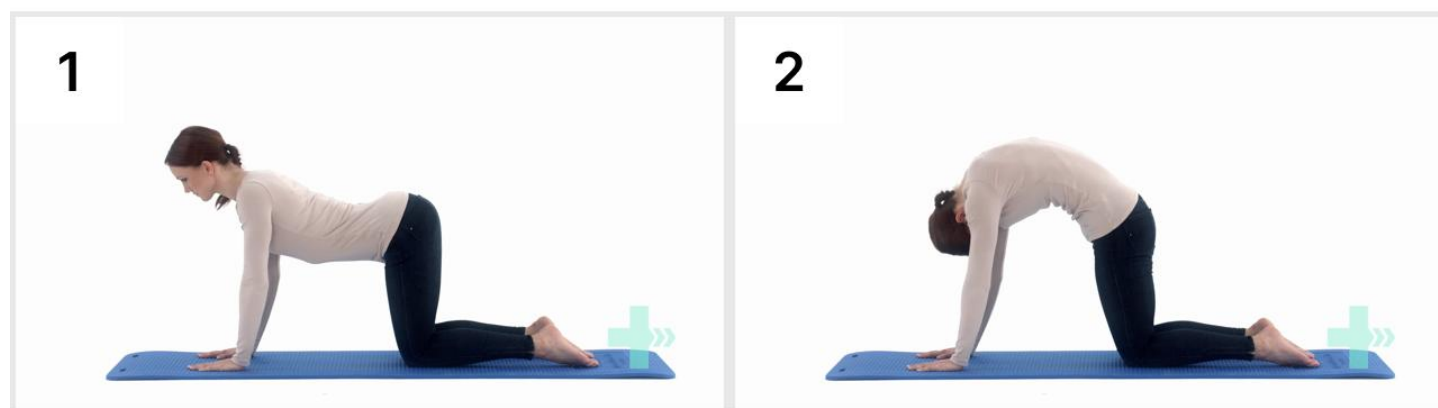
Keeping your forearm on the wall, take one step forward on the leg closest to the wall and slowly rotate your chest away until you feel a stretch across your chest.

Be careful not to allow the shoulder to hunch.

Hold this position.

8. Cat and camel pose

1 Set • 10 Reps • 3 s hold



Start on your hands and knees with your back in a neutral position.

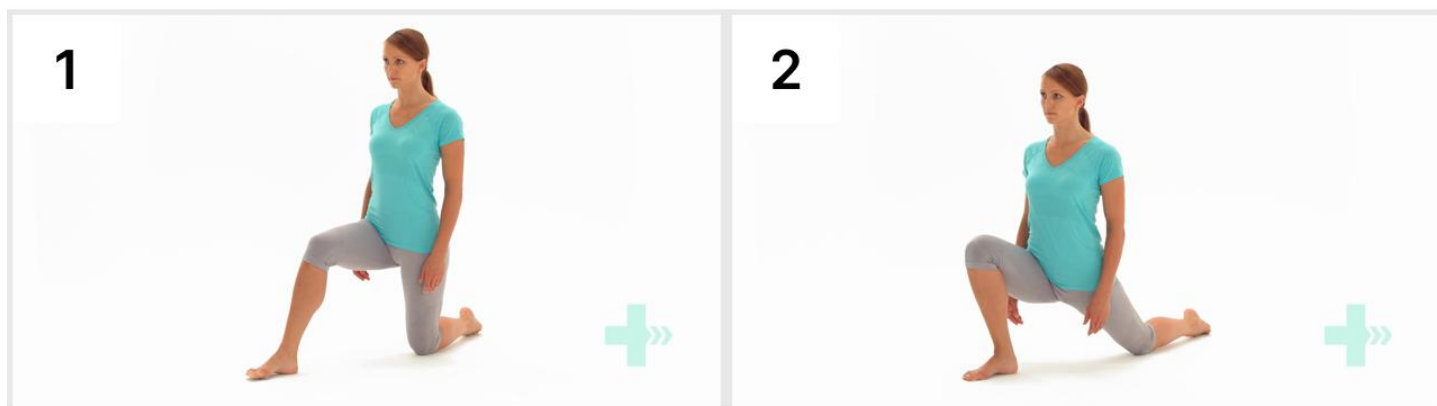
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.

Hold this position.

Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back. Hold this position, and then repeat.

9. Hip flexor stretch kneeling

1 Set • 1 Rep • 1 s hold



Kneel on the floor and place the unaffected foot in a large stride in front of you.

Push the hips forwards evenly and keep your body straight until you feel the stretch in the front of the hip on your back leg.

Hold this position.

10. Quadriceps stretch

1 Set • 5 Reps • 15 s hold



Start in a standing position.

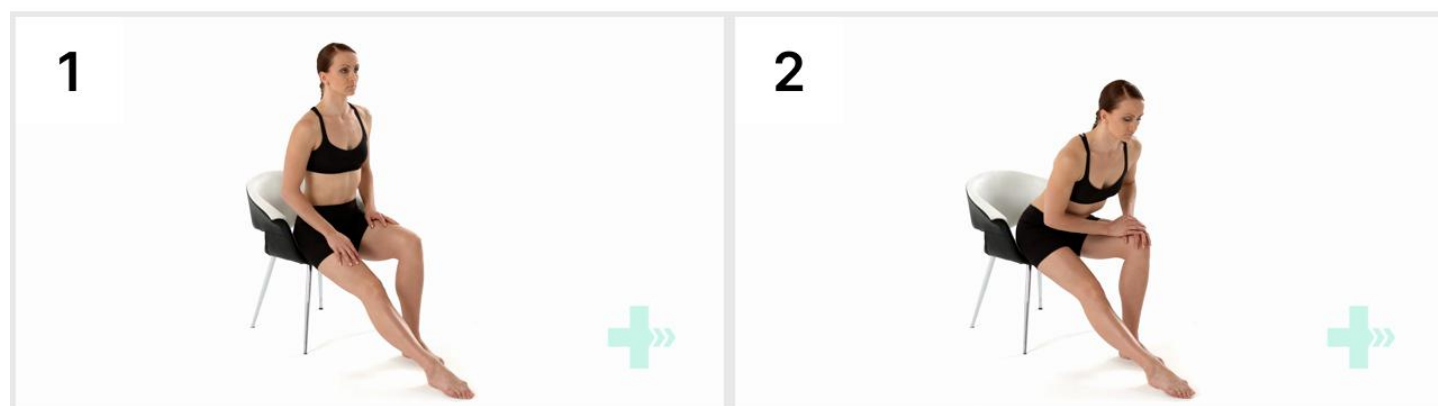
Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg.

Lift your leg as high as possible towards your buttocks and try to keep your knee pointing towards the floor.

Hold for a few seconds, and then repeat for the other leg.

11. Seated Hamstring stretch

1 Set • 5 Reps • 10 s hold



Sit in a chair.

Place your affected leg out in front of you.

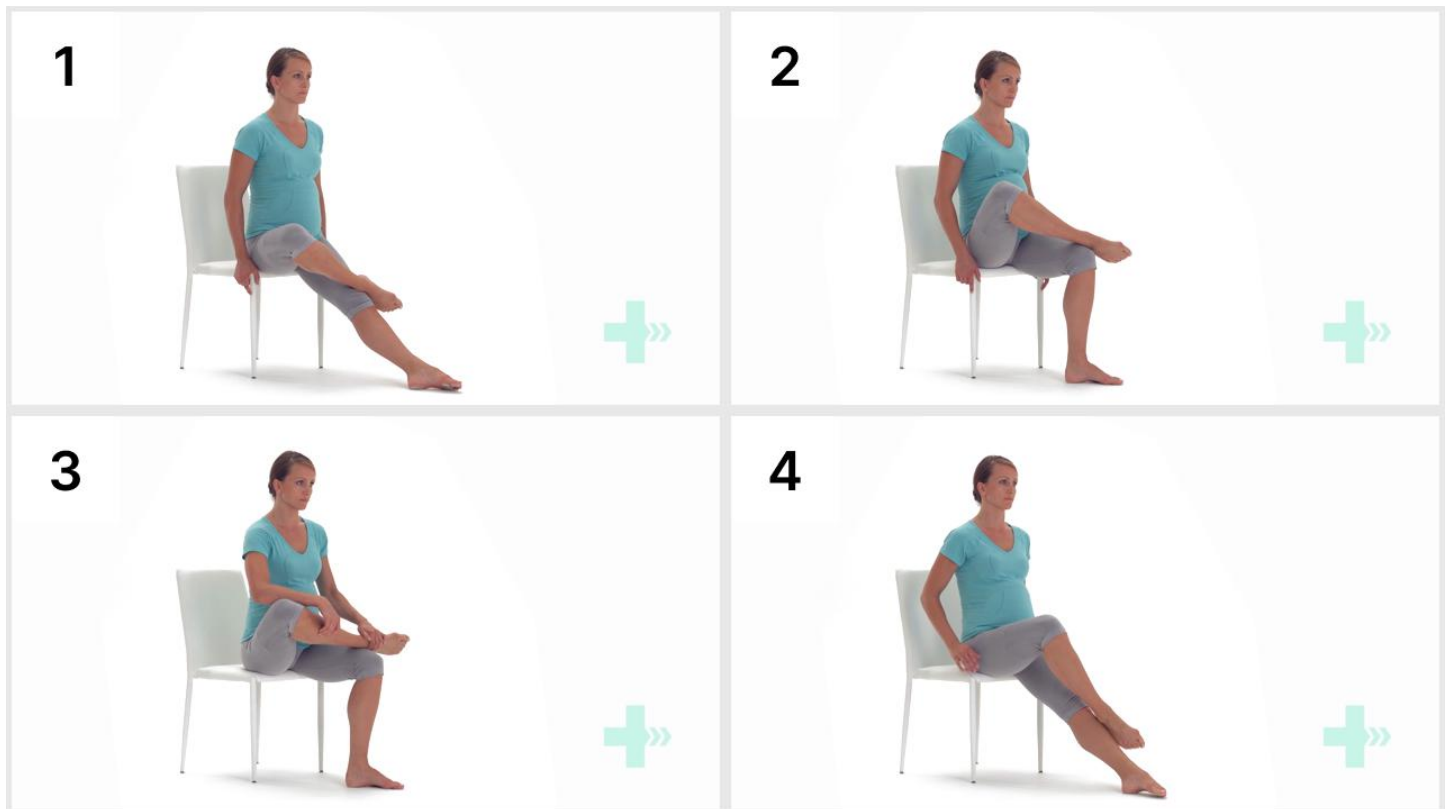
Straighten your knee, keeping your foot on the floor.

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

Hold and then relax.

12. Sitting glute stretch

1 Set • 3 Reps • 10 s hold



Sit on a chair and move forwards, bringing your sitting bones to the edge of the chair.

Straighten both legs out in front of you.

To stretch your right glute, cross your right ankle on top of your left.

Slide your right ankle up along your shin, bending your knee until your right ankle sits on top your knee.

Let your right knee drop towards the floor.

If this is enough of a stretch for you, stay in this position.

Inhale and emphasise the stretch as you exhale.

If you can stretch more, keep your back straight and bend your left knee, sliding your foot along the floor.

If you would like to extend the stretch even further, gently press down with your right forearm onto your right knee.

Make sure you keep your back straight.

To come out of this position, straighten your left leg.

Slide your right leg down your left, and bring your feet together.

Slide both legs in by lifting your knees and push yourself back to a neutral seated position.

13. “Thread the needle”

1 Set • 1 Rep • 1 s hold



Start lying on your front.

Bring yourself up onto your hands and knees.

Your hands should be under your shoulders and your hips over your knees.

Take one hand off the floor and reach in and through between your other hand and leg on that side.

Allow your shoulder and head to follow, moving down towards the floor as your hand reaches through.

Allow your back to twist.

You should feel a stretch down your side, your shoulder blade and neck.

Hold and then relax and repeat.

14. Seated trunk rotation

1 Set • 1 Rep • 1 s hold

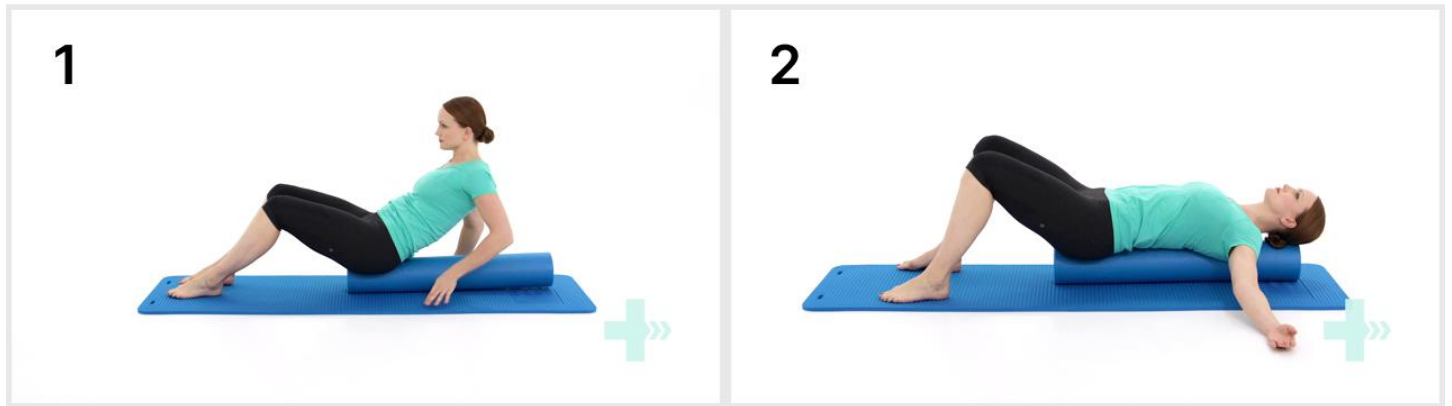


Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.

This should feel like a stretch through the torso.

15. Thoracic spine mobility on foam roller - with chest stretch

1 Set • 1 Rep • 1 s hold



Place a foam roller on the floor length ways.

Lie onto the foam roller with the roller running down the centre of your spine.

The roller should ideally be long enough to support your head all the way down to your pelvis.

If it is too far to rest your head back you may wish to place a pillow between your head and the roller.

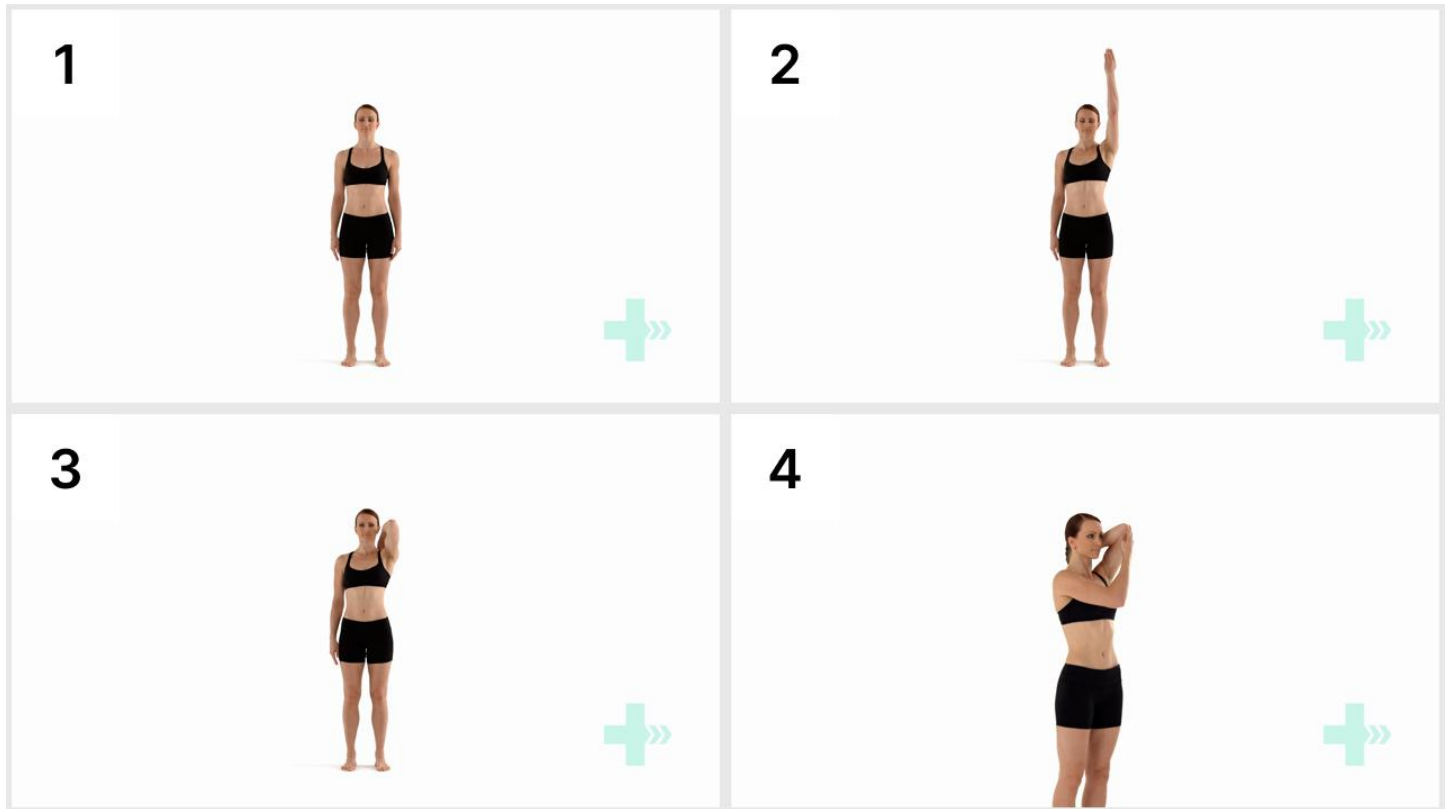
Have your knees bent, feet flat on the floor and legs slightly wider than hips width for stability.

Ensure your lumbar spine is in a neutral position with a slight arch in your lower back.

Hold this position.

16. Tricep stretch

1 Set • 1 Rep • 1 s hold



Start in a standing position.

Lift your symptomatic arm up and then bend your elbow, reaching your hand down towards your shoulder blade.

Keep your elbow as close to your head as possible without straining.

Using the other hand to push backwards on your elbow, increasing the stretch down the back of your upper arm.

Hold, relax and repeat.

17. Posterior deltoid stretch

1 Set • 3 Reps • 10 s hold



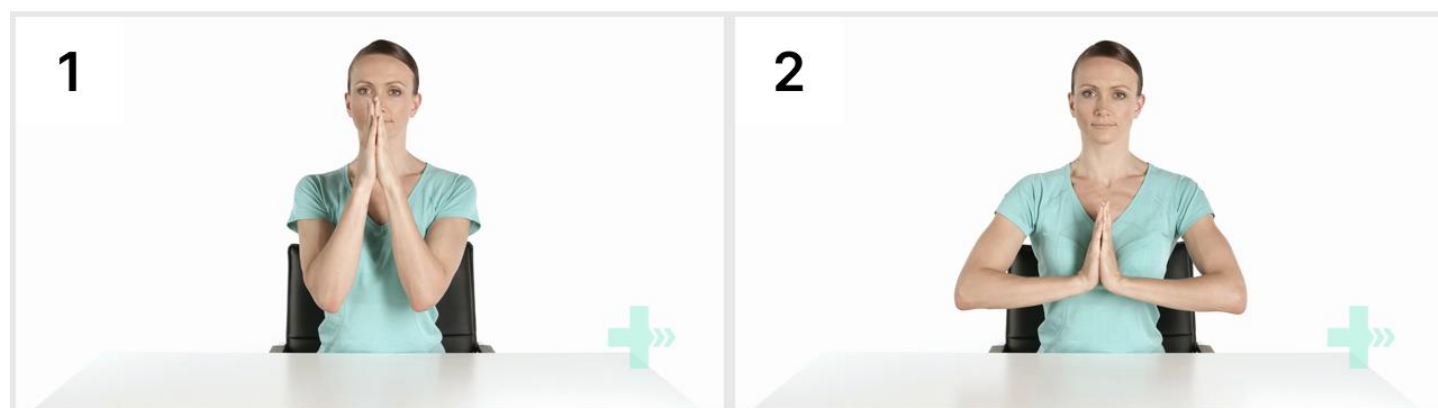
Bring your symptomatic arm across the front of your chest.

Place your other hand above the elbow and apply a gentle pressure, pulling your arm towards your chest.

Hold this position whilst you feel the stretch across the top and back of the shoulder.

18. Passive wrist extension palm to palm

1 Set • 1 Rep • 1 s hold



Sit upright in a chair.

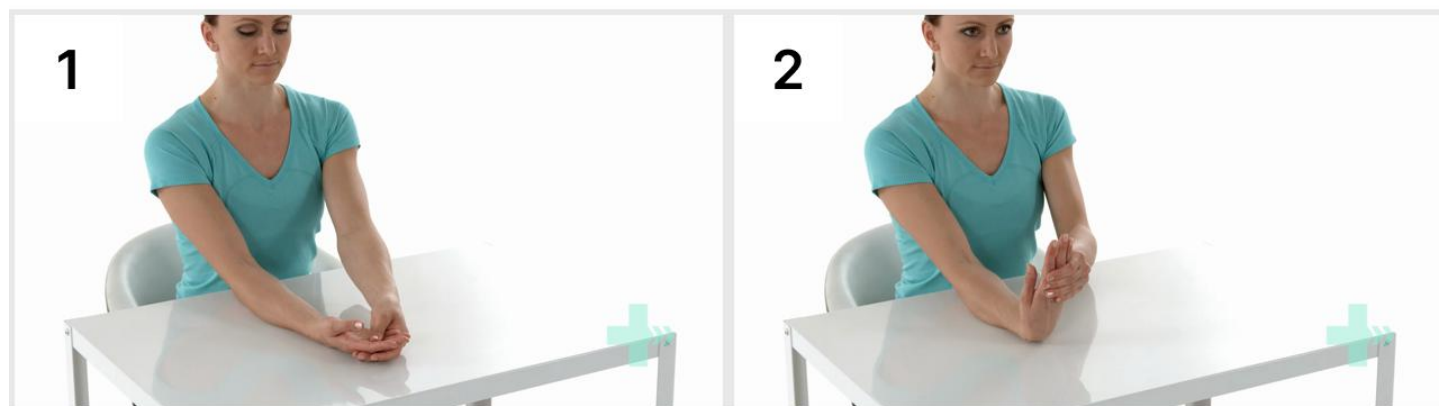
Bring your palms together in front of you and close to your chest.

Gradually lower your hands, keeping the palms of your hands together.

Hold this position in a stretch.

19. Wrist flexion - passive

1 Set • 3 Reps • 10 s hold



Start in a seated position with your forearm resting on a table and your affected hand palm up.

Keep your fingers relaxed.

Use your other hand to lift the hand upwards.

Hold this position.