

## TOTAL BODY STRETCH ROUTINE

Created by Hung Wu Feb 27th, 2023

View at [www.my-exercise-code.com](http://www.my-exercise-code.com) using code: 6SUNYEQ



### Scapular Squeeze (Shoulder Blade Squeeze)

Sit or stand with good posture. Squeeze your shoulder blades back and down.

Repeat 5 Times  
Complete 1 Set

Hold 5 Seconds  
Perform 2 Times a Day



### RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### UPPER TRAP STRETCH - HOLDING CHAIR AND HEAD

While sitting in a chair, hold the seat with one hand and place your other hand on your head to assist in bending your head to the side as shown.

Bend your head towards the opposite side of the hand that is holding the chair seat. You should feel a stretch to the side of your neck.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### PECTORALIS DOORWAY STRETCH - HIGH

While standing in a doorway, place your arms up on the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. Your upper arms should be placed upward along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### LAT DOORWAY STRETCH - LATISSIMUS DORSI

Reach overhead and hold a wall in a doorway as shown. Then bend your knees and at the waist for a stretch to your shoulder and back.

To increase the intensity of the stretch, slightly rotate your body towards the affected arm during the stretch.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### Tricep stretch

Bring arm overhead, grasp elbow with opposite arm. Bend elbow to reach down the middle of your back.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down as shown.

Keep the elbow straight on the affected side the entire time.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### Carpal Tunnel Stretch

Position self as shown. Gently pull the thumb outward and down to stretch the tissues and ligament above the carpal tunnel.

Hold 30 seconds

Repeat as often as needed

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### SEATED PIRIFORMIS STRETCH

While sitting in a chair, cross your leg and place the ankle of one foot on the knee of the other leg.

Next, pull the top knee upward towards your opposite shoulder for a gentle stretch.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



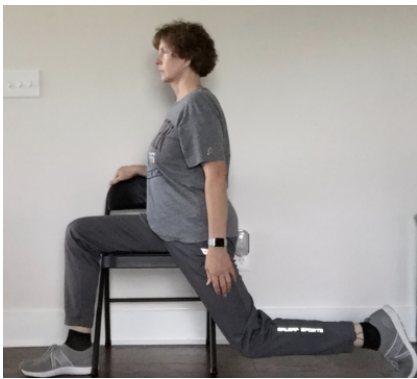
### HIP EXTERNAL ROTATION STRETCH - SEATED

While sitting in a chair, cross your leg with the ankle of one foot on the knee of the other.

Next, push the top knee downward for a stretch.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### Seated Quadriceps and Hip Flexor Stretch

While holding on to the back of a chair carefully turn sideways (best to have chair with no arms)

\* Sit on the edge of the chair with one cheek on the chair and one cheek on the chair

\* Sit tall

\* Extend one leg back as far as you can comfortably

\* You want to feel a stretch in the front of the back leg

\* Hold this stretch for 20-30 seconds

\* Carefully bring that leg forward and turn to the other side

Always remember to breathe throughout all stretches

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### PELVIC TILT - STANDING

While in a standing position, arch your low back and then flatten it repeatedly. Your pelvis should tilt forward and back during the movement. Move through a comfortable range of motion.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### STANDING HAMSTRING STRETCH - PROPPED

Start by standing and prop your foot of the affected leg on a chair or a step.

Next, slowly lean forward until a stretch is felt behind your knee/thigh. Bend through your hips and not your spine. Hold, then return to starting position and repeat.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### QUAD STRETCH - STANDING

While in a standing position, bend your knee back behind and hold your ankle/foot.

Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### ANKLE CIRCLES

Move your ankle in a circular clockwise pattern for several repetitions and then repeat in the reverse counterclockwise direction.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### ILIOTIBIAL BAND STRETCH - ITB - STANDING

In a standing position, cross the affected leg behind your unaffected leg.

Next, lean forward and towards the unaffected side while using your arm for balance support.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### STANDING CALF STRETCH - GASTROCNEMIUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a straight knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day



### STANDING CALF STRETCH - SOLEUS

Start by standing in front of a wall or other sturdy object. Step forward with one foot and maintain your toes on both feet to be pointed straight forward. Keep the leg behind you with a bent knee during the stretch.

Lean forward towards the wall and support yourself with your arms as you allow your front knee to bend until a gentle stretch is felt along the back of your leg that is most behind you.

Move closer or further away from the wall to control the stretch of the back leg. Also you can adjust the bend of the front knee to control the stretch as well.

Repeat 1 Time  
Complete 1 Set

Hold 30 Seconds  
Perform 2 Times a Day