

Calf Stretch | Foot on Step, Straight Knee

Sets: 1 | Load: Body Weight | Hold: 20 -30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Use a chair for support

Execution:

- Stand with your foot on a step
- Lean forward
- You should feel a stretch in your calf
- **Keep your knee locked**



Stand with your foot on a step

Full Tandem | Arm Bend Reach

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Stand with your back to a corner and with a sturdy chair in front, and to sides if needed for support
- Place feet 'heel to toe' with one foot directly in front of the other



Tandem stand



Reach to the side

Execution:

- Reach your Right arm out to the Right side
- Return to center
- Reach your Left arm out to the Left side
- Return to center
- Switch position of the feet and repeat activity

Deep Lateral Lunge (Slideboard)

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Stand with one foot on slideboard, one foot on the ground

Execution:

- Lunge down, sliding your foot diagonally out to the side



One foot on slideboard



Slide and lunge deep

Knee Flexion (Chair)

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Standing, put your affected leg on a chair

Execution:

- Keep your upper body upright
- Lunge forward, bending your knee



Affected leg up on chair



Lunge forward to bend knee

Posterior Shoulder Stretch and Overhead Tricep Stretch

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Execution:

- Arm above your head, elbow bent
- Pull arm down to stretch the back of your arm



Head and eyes forward, belly button pulled in



Reach arm across body



Place opposite hand at elbow, gradually pull to stretch the back of your shoulder



Pull arm overhead and down back

Hamstring Stretch

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Sit on the edge of a chair

Execution:

- Put one leg out front
- Keep your knee locked
- Lean forward from the hips
- You should feel a stretch in the back of your leg



*Eyes and head forward,
hands resting on thigh,
toes toward the ceiling*



*Hinge at hips to feel
stretch in the back of the
thigh*

Swimmer's Stretch

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Execution:

- Lock fingers behind back; elbows straight
- To increase the stretch, lift your arms backward



*Lock fingers behind back
- To increase the stretch,
lift your arms backward*

Piriformis Stretch

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Sit in a chair with good posture

Execution:

- Cross the ankle of the leg you want to stretch overtop of your opposite knee
- Lean your trunk slowly forwards until you feel a stretch



Start Position



Lean Forward

Seated Warrior 1 (Chair)

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Sit on a chair sideways

Execution:

- Slide outside leg off the edge of the chair
- Keep hips square to the chair. Encourage the back heel to go toward the floor
- Keep chest open and shoulders down and back
- If possible lift one arm, maybe both



Keep chest open and shoulders down and back



Bend backwards and reach up and back with front arm

Trunk Rotation (Chair)

Sets: 1 | Load: Body Weight | Hold: 20-30sec | Rest: 10 sec | Tempo: slow & controlled | Intensity: light/moderate |

Frequency: 3/4 x week

Preparation:

- Sit tall on the edge of the chair with feet flat on the ground
- Place hands on waist

Execution:

- Inhale sit tall
- Exhale and turn your trunk to one side
- Keep feet flat on the floor and do as large a circle as possible while maintaining balance
- Switch directions



Start Position



Exhale and twist your trunk to one side



Reach around chair, pull torso- avoid moving in the lower back