

Notes :

**1 Quadriceps to hamstrings stretch**



**Sets: 1-2 Reps: 10 Freq: before exercise**

In standing, grab the front of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in the front part of the thigh. Raise your opposite arm up and hold the stretch for 5-10 seconds, keeping your lower back neutral. Then, switch to a hamstring stretch position by straightening the leg forward with your heel on the ground, the toes pulled towards you, the back neutral, and one hand reaching towards the foot. Hold the position for 5-10 seconds. Then return to a quadriceps stretch and alternate between the two stretches.

**2 Lunge steps with rotation**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Start by standing straight. Take a step forward and lower into a lunge with your knee over your front foot. Then, turn your torso and upper body in both directions. Avoid compensating by rolling into an anterior pelvic tilt which will result in hyperextension in the lumbar spine.

**3 Stretching flexion**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Stand with your feet hip width apart. Raise one knee towards your chest and with both hands, pull your knee up to increase the range. Your back must stay straight and your foot must stay aligned with your knee during the movement. Bring your knee back down slowly and under controlled. Repeat with your other leg.

**4 Stretching flexion/ext. rot.**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Stand with your feet hip width apart. Raise one knee up and grab your ankle with one hand, and your knee with the other and pull your ankle towards your chest (open at the hip) to increase range. Your back must stay straight and your hips must stay aligned during the movement. Bring your knee back down slowly and controlled. Repeat with your other leg.

**5 Deep lunge rotational stretch**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Adopt a deep lunge position with the rear leg stretched behind. Put your forearm on the floor on the inside of the front foot and drop your hips toward the floor as much as possible. Then, rotate the trunk toward your front leg by moving your free hand up toward the ceiling while looking at your hand. Bring your hand back down on your knee and push outward to open up the hip. Return your forearm on the floor and repeat. Keep your nice lunge position at all times. Do on the other side.

**6 Shoulders active stretch**



**Sets: 1-2 Reps: 10 Freq: before exercise**

First, stand with your knees slightly bent, your elbow bent overhead and holding it with the other hand.

Push upward with your elbow against your hand for the recommended time.

While in the stretch position, extend the wrist of the stretched arm to solicit the extensors.

Then, rapidly rotate your arm in both directions.

**7 Retraction/elongation**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Stand or sit tall. Focus on an object at eye level while you slowly tuck your chin inward and pull yourself up as if there is a rope pulling the back of your head upward. Maintain the position and relax.

**8 Stretching wrist flexors**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Sit up straight in a chair and look directly ahead of you.

Place the fingers and palms of your hands together.

Lower your hands and spread your elbows apart as far as you can while keeping your palms together.

Relax your hands.

When performed correctly, this exercise causes your wrists to bend back until you feel a stretch across your palms, wrists, and inner forearms.

**9 Extensors stretching**



**Sets: 1-2 Reps: 10 Freq: before exercise**

Place the arms at chest height with elbows bent and hands together.

With the back of each hand touching each other, raise the wrists till a stretch is felt on top of the forearm.

Hold the stretch.