

Notes :

**1 Sciatic nerve & posterior IT band tensioner, hamstring stretch**



**Sets: 1-2 Freq: after exercise Duration: 30-60sec**

Stand and cross one leg in front of the other. Bend forward as far as possible without bending your knees.  
Slightly turn your body towards the side of the front leg until you feel a stretch on the exterior side of the back leg.  
Hold the stretch and slowly return to the initial position.

**2 Full squat stretch hold**



**Sets: 1-2 Reps: 5-10 Freq: after exercise Duration: 10sec**

Lower yourself in a full squat position while maintaining your spine neutral.  
Push on the inside of your thighs with your elbows.  
Make sure your weight is over your heels.  
Keep your spine neutral during the stretch.  
Hold the position.

**3 Calves stretch**



**Sets: 1-2 Freq: after exercise Duration: 30-60sec**

Stand with the front half of your feet on a large book or similar object.  
Maintain your spine in a neutral position (do not tip forwards or arch your back).  
Lower your heels to the ground. You should feel a stretch in your calves.  
Keep your knees straight and aligned over your second toes.  
Hold the position.  
You may do this exercise next to a wall, countertop or sturdy chair to help your balance.

**4 Stretching quadriceps**



**Sets: 1-2 Freq: after exercise Duration: 30-60sec**

Stand in front of a chair and hold on to it with one hand. Grab the top of one ankle with one hand and pull your foot towards your buttock until you feel a gentle stretch in front of the thigh. Hold the stretch, keeping your lower back neutral and return to the initial position.

**5 Stretching side bending**



**Sets: 1-2 Freq: after exercise Duration: 15-30sec**

Lift one arm and bring it up and across your head.  
Sit straight and place the palm of your hand on your head.  
Use your hand to pull your head gently down towards your shoulder until a stretch is felt on the opposite side of the neck.  
Maintain the position.  
Do not turn your head or tilt it forward or backwards while you perform this stretch.

**6 Levator scapulae stretch**



**Sets: 1-2 Freq: after exercise Duration: 15-30sec**

Place one hand behind your buttock to lower your shoulder.  
Turn your head to the opposite side and look down.  
Gently pull down on your head with the other hand and maintain the position when you feel a stretching sensation. Repeat.

**7 Shoulder flexion stretch**



**Sets: 1-2 Freq: after exercise Duration: 30-60sec**

Stand behind a chair with both hand on the back of the chair.  
Backup a few step and lower your upper body by bending forward until you feel a stretch in front of your shoulder.  
Maintain the position.

**8 Stretching wrist flexors**



**Sets: 1-2 Freq: after exercise Duration: 15-30sec**

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 Freq: after exercise Duration: 15-30sec**

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.