Back and Leg Stretches

**Posterior Pelvic Tilt**
With knees slightly bent, tighten stomach and flatten back by rolling pelvis down. Hold 7 seconds, repeat 5-10 times.

**Quadriceps Stretch**
While holding onto the wall, grasp leg with opposite hand and gently pull heel toward buttocks until stretch is felt in the front of the thigh. Hold for 20 seconds, do 2-3 stretches on both sides.

**Hamstring Stretch**
Place right foot on stool. Slowly lean forward, keeping back straight, until stretch is felt in the back of the thigh. Hold 20 seconds, do 2-3 stretches on each side.

**Side Bend Stretch**
Reach overhead toward the opposite side until a stretch is felt along the side of the trunk. Hold for 20 seconds. Do 2-3 stretches on each side.

**Upper Trapezius Stretch**
While tilting head to the left, pull right arm down with the left hand until a stretch is felt. Hold for 20 seconds. Repeat on the opposite side. Do 2-3 stretches on each side.
Shoulder and Wrist Stretches

**Wrist Flexion/Extension Stretch**
Actively bend wrist forward and hold for 20 seconds.

Then bend wrist backward and hold for 20 seconds. Repeat on opposite wrist. Do 2-3 times on each side.

**Wrist Radial/Ulnar Deviation Stretch**
Gently bend wrist from side to side as far as possible. Repeat on opposite wrist. Do 2-3 times on each side.

**Shoulder Roll**
Roll shoulders forward, up, back, and down to complete a circle. Repeat 5-10 times