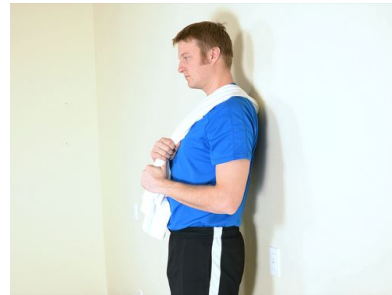


### Soft Tissue Release (Tennis Ball in Pillowcase)

2x day for 2-3 min place the tennis ball close to the tight knot in the back and slowly massage the area and get closer to the knot slowly. Bend the knees up and down and lean into the wall so you have pressure on the tennis ball.



### Shoulder Circles | Bilateral (Towel + Wall)

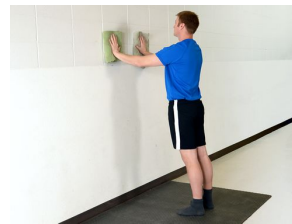
**Reps:** 2x | **Hold:** 20 sec | **Duration:** every hour when sitting behind your desk

#### Preparation:

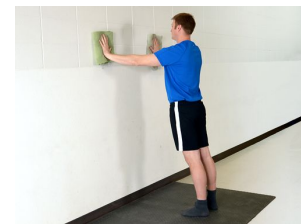
- Stand with good posture, hands-on towels at shoulder height

#### Execution:

- Make small circles with the towels and slowly make them wider and higher as your shoulders allow. in the end, stretch both hands all the way up and hold the stretch for 10 sec
- Do both clockwise and counter-clockwise



Stand with good posture, hands on towels at shoulder height



Make small circles with the towels

### Wrist Extensor Stretch | Supination

**Sets:** 2x | **Hold:** 30 sec | **Duration:** 2x day

#### Preparation:

- Hold arm out straight, palm up
- Point fingers towards the ceiling

#### Execution:

- Use other hand to pull wrist further, feeling for a stretch.
- Keep elbow straight.



Stretch Wrist

### Wrist Flexor Stretch Supination

Sets: 2x | Hold: 30 sec | Duration: 2x day

#### Preparation:

- Hold arm out straight, palm up, wrist extended.

#### Execution:

- Use other hand to pull wrist further, feeling for a stretch.
- Keep elbow straight.



Pull wrist down

### Thoracic Extension | Hands Behind Head (Chair)

Sets: 2x | Hold: 20 sec | Duration: 2x day

#### Preparation:

- Sitting with good posture, hands behind head

#### Execution:

- Arch your upper back over the back of the chair
- Feel a stretch in your upper back



Arch upper back over back of chair

### Thoracic Rotation

Sets: 4x | Hold: 10 sec | Duration: 2x day

#### Preparation:

- Sitting with good posture in a chair
- Reach your arms around the chair as shown

#### Execution:

- Pull your torso further into a twist
- Feel a comfortable stretch in your upper back



Start Position



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

### Trunk Rotation

Sets: 3x | Hold: 10 sec | Duration: 2x day

#### Preparation:

- Sit with good posture feet on the floor with legs together
- Hands on top of head

#### Execution:

- Slowly rotate your trunk to one side
- Relax and return to the center
- Repeat in opposite direction



Start Position



Rotate trunk

### Gluteus Stretch

Sets: 2x | Hold: 20sec | Duration: 2x day

#### Preparation:

- Sit with good posture
- Have one foot on top of the opposite knee as shown

#### Execution:

- Push knee down
- To increase the stretch, lean slightly forward



Start Position - Push knee down



Lean forward to increase stretch



Push knee down, lean forward to increase stretch

### Quadriceps Stretch (Chair)

Sets: 2x | Hold: 20 sec | Duration: 2x day

#### Preparation:

- Stand tall with foot resting on the back rest of a chair as shown

#### Execution:

- Maintain good posture, pushing your hip forwards
- Then lean back slightly to feel a stretch in the front of your thigh



Feel the stretch in the front thigh, avoid arching through lower back or bending the knee excessively



Maintain straight alignment, thighs are parallel

## Hamstring Stretch

Sets: 2x | Hold: 20 sec | Duration: 2x day

### 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

## Gastrocs Stretch (Wall)

Sets: 2x | Hold: 20 sec | Duration: 2x day

### Preparation:

- Stand in front of a wall with one leg forward and one leg back

### Execution:

- Keeping your back leg straight and heel on ground, lean forward bending your front knee



Eyes and head forward, hands relaxed on wall, belly button pulled in



Bend elbows to move closer to the wall to stretch the back leg, keep front knee behind toes