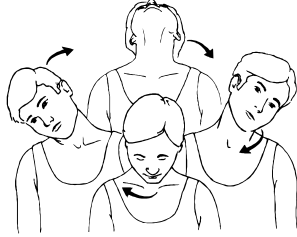


Full Body Stretch

If you have any physical limitations or special exercise needs, contact your Orthus Health Coach.

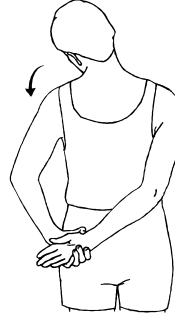
NECK - Extensors/Flexors/Side Benders



From sitting position with back straight, slowly roll head in a full circle.

Repeat ___ times. Do ___ sessions per day.

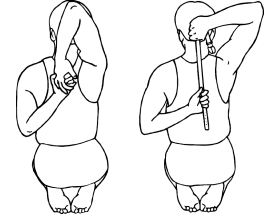
SHOULDERS - Rotator Cuff



Pull right arm down with left hand until stretch is felt. Hold ___ seconds. Repeat with other side.

Repeat ___ times. Do ___ sessions per day.

SHOULDERS - Rotator Cuff/Extensors



Bring right hand behind head and down as far as possible. Reach up with left hand, palm facing out, and grasp right hand. Hold ___ seconds. May use belt as a beginner aid to help work hands closer together. Repeat with other side.

Repeat ___ times. Do ___ sessions per day.

SHOULDERS - Posterior Deltoids/Rhomboids

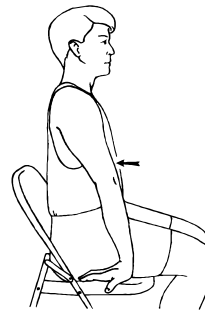


Pull arm across chest until stretch is felt. Turn head away from pull. Hold ___ seconds. Repeat with other arm.

Repeat ___ times.

Do ___ sessions per day.

ARMS - Wrist/Flexors/Biceps

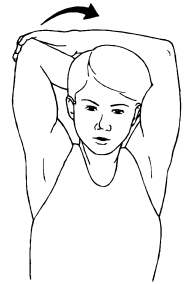


With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

ARMS - Triceps

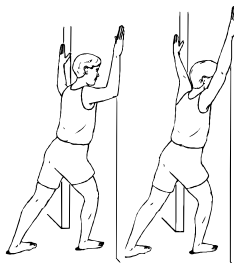


Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

CHEST - Pectorals

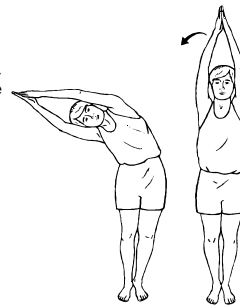


With arms forming a T, lean forward until stretch is felt. Hold ___ seconds. Slide arms up to form a V and repeat the stretch.

Repeat ___ times.

Do ___ sessions per day.

HIP OBLIQUE - Abductors



From starting position, bend the body to the side as far as possible until stretch is felt. Hold ___ seconds. Repeat to other side.

Repeat ___ times.

Do ___ sessions per day.

CHEST AND ABDOMEN - Abdominals (Mild)

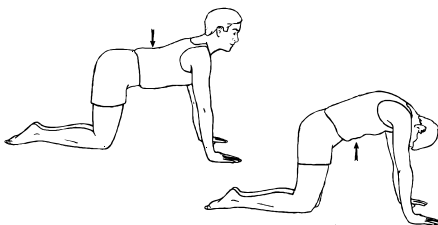


With hands in small of back, arch back until stretch is felt. Hold ___ seconds.

Repeat ___ times.

Do ___ sessions per day.

LOWER BACK - Lumbar Extensors



From starting position, tuck chin and tighten stomach while arching back. Hold ___ seconds.

Repeat ___ times. Do ___ sessions per day.

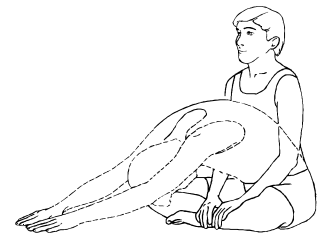
UPPER BACK - Upper and Mid Extensors



Slide hands forward and buttocks back. Hold ___ seconds.

Repeat ___ times. Do ___ sessions per day.

LOWER BACK - Mid and Lower Extensors



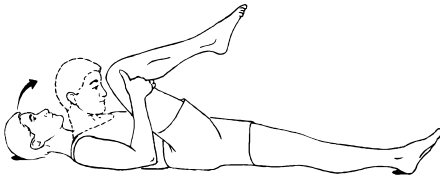
With legs crossed, lean forward until stretch is felt. Reach forward with arms. To return, put forearms on knees and push. Hold ___ seconds.

Repeat ___ times. Do ___ sessions per day.

Full Body Stretch

If you have any physical limitations or special exercise needs, contact your Orthus Health Coach.

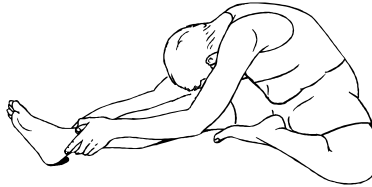
LOWER BACK - Extensors/Gluteal



Bring knee to chest and hold. For more stretch, bring head to knee and hold. Hold ___ seconds. Repeat with other knee.

Repeat ___ times. Do ___ sessions per day.

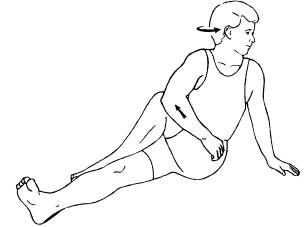
HAMSTRINGS - Head to Knee



With hands on ankle, pull head toward knee and hold ___ seconds. Repeat with other leg.

Repeat ___ times. Do ___ sessions per day.

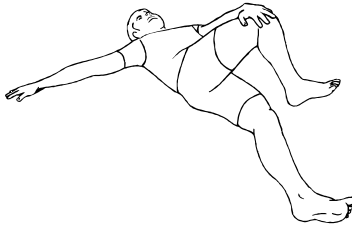
HIP OBLIQUE - External Rotators



With left leg over right, bring right arm over left leg. Push left leg across body until stretch is felt. Turn head over left shoulder. Hold ___ seconds. Repeat with other side.

Repeat ___ times. Do ___ sessions per day.

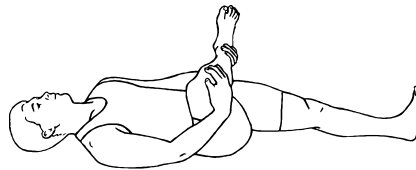
HIP OBLIQUE - External Rotators



Keeping shoulders flat on floor, pull leg toward floor until stretch is felt. Hold ___ seconds. Repeat with other leg.

Repeat ___ times. Do ___ sessions per day.

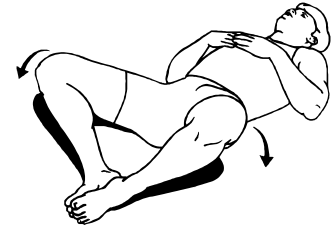
HIP OBLIQUE - Internal Rotators



Gently pull foot and knee toward shoulder, rotating at hip. Hold ___ seconds. Repeat with other leg.

Repeat ___ times. Do ___ sessions per day.

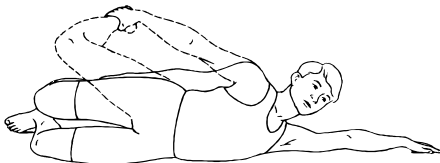
GROIN - Thigh Adductors



With feet together, lower knees to floor until stretch is felt. Hold ___ seconds.

Repeat ___ times. Do ___ sessions per day.

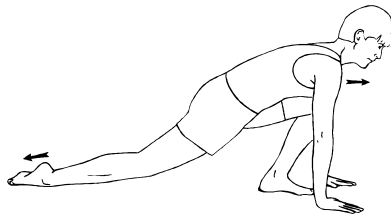
UPPER LEG - Quadriceps



Holding one foot with same-side hand, raise leg until stretch is felt. Hold ___ seconds. Repeat with other side.

Repeat ___ times. Do ___ sessions per day.

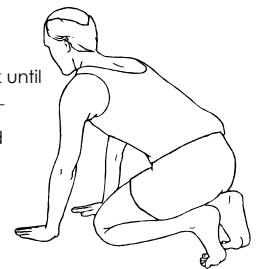
HIP OBLIQUE - Flexors



From position shown, slide foot back and move trunk forward until stretch is felt. Hold ___ seconds. Repeat with other foot.

Repeat ___ times. Do ___ sessions per day.

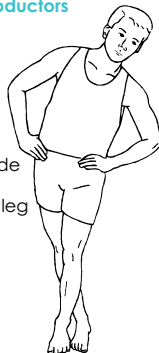
LOWER LEG - Toe Flexors



From position shown, gently push feet back until stretch is felt. Hold ___ seconds. For greater stretch, sit on legs and gently lean back.

Repeat ___ times. Do ___ sessions per day.

HIP OBLIQUE - Iliotibial Band/Abductors



Cross left leg over right leg. Bend left knee slightly. Lean to left until stretch is felt over outside of right hip. Hold ___ seconds. Repeat to other side, with right leg over left.

Repeat ___ times.

Do ___ sessions per day.

LOWER LEG - 13 Plantar Fascia

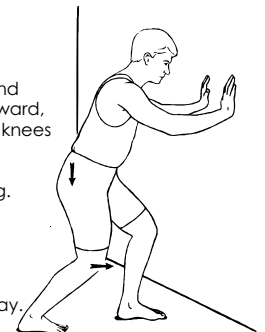


From stairs or a curb, lower heel until stretch is felt. Hold ___ seconds. Repeat with other heel.

Repeat ___ times.

Do ___ sessions per day.

LOWER LEG - Achilles/Soleus



With back foot flat and toes turned slightly inward, lower hips and bend knees until stretch is felt. Hold ___ seconds. Repeat with other leg.

Repeat ___ times.

Do ___ sessions per day.