
Standing Wrist Flexion Stretch

REPS: 5

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

Movement

With your other hand, bend your wrist downward until you feel a stretch.

Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

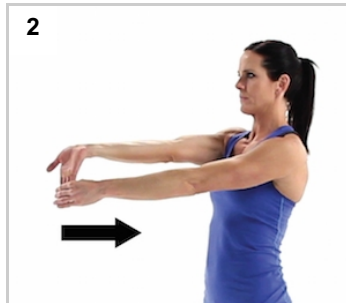
Standing Wrist Extension Stretch

REPS: 5

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.

Standing Shoulder Posterior Capsule Stretch

REPS: 5	SETS: 1	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position.

Movement

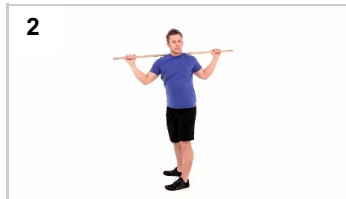
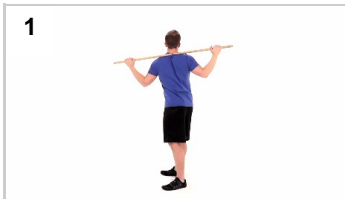
Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

Tip

Make sure to maintain good posture during the exercise.

Standing Thoracic Rotation with Dowel

REPS: 10	SETS: 1	DAILY: 1	WEEKLY: 7
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Setup

Begin in a standing upright position holding a dowel rod across your shoulders.

Movement

Slowly rotate your trunk to one side, then return to the starting position and repeat to the other side.

Tip

Make sure to maintain an upright position as you rotate your trunk, and do not let your chin jut forward.

Supine Hip Internal and External Rotation

REPS: 10

SETS: 1

DAILY: 1

WEEKLY: 7



Setup

Begin lying on your back with your knees bent, feet flat on the floor, and legs wider than hip width apart.

Movement

Let your knees fall toward the same side, then repeat on the other side.

Tip

Make sure to keep both of your shoulders on the ground during the exercise and do not arch your back.