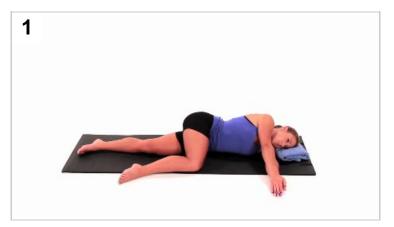


# Sidelying Open Book Thoracic Lumbar Rotation and **Extension**

**REPETITIONS: 10** SETS: 1





### Setup

Begin lying on your side with your bottom leg straight, your top leg bent at 90 a degree angle, and your arms straight on the ground together.

#### Movement

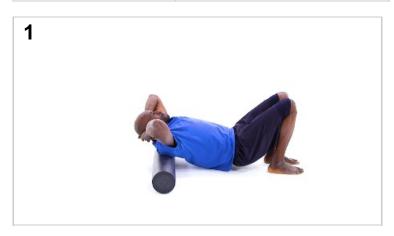
Slowly move your top arm away from your other arm, toward the floor on the other side, rotating your trunk at the same time.

## Tip

Make sure to keep your top leg on the floor and only go as far as you can without arching your back.

# Thoracic Mobilization with Hands Behind Head on Foam Roll

**DURATION** SETS: 1 (SECONDS): 60





### Setup

Begin lying on your back with your knees bent, resting your mid back on a foam roll with your hands behind your head.

#### **Movement**

Slowly roll back and forth over the foam roller.

## Tip

Make sure to use your hands to only support your head and do not let your low back arch during the exercise.

# **Sleeper Stretch**

REPETITIONS: 10

SETS: 1

HOLD (SECONDS): 5

**DAILY: 1** 





### **Setup**

Begin by lying on your side with your bottom arm bent upward at a 90 degree angle.

#### **Movement**

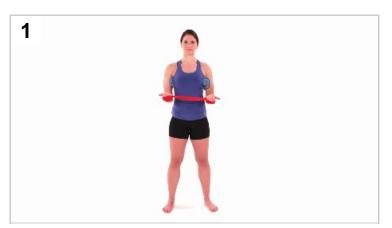
With your other arm, apply a gentle downward pressure until you feel a stretch in your shoulder.

## **Tip**

Make sure not to let your body roll forward or backward during the exercise.

# **Standing Shoulder External Rotation with Resistance**

HOLD **REPETITIONS: 10** SETS: 1 (SECONDS): 5





### Setup

Begin in a standing upright position holding both ends of a resistance band. Your elbows should be bent at 90 degrees with a towel roll tucked under each arm, and your thumbs pointing outward.

#### **Movement**

Slowly rotate your arms out to the side, then bring them back to the starting position and repeat.

### Tip

Make sure to keep your hips and shoulders facing forward throughout the exercise. Think of squeezing your shoulder blades down and back as you pull your arms outward.

# **Quadruped Adductor Stretch**

REPETITIONS: 10 SETS: 1 HOLD (SECONDS): 5





## **Setup**

Begin on all fours.

#### **Movement**

Spread your knees apart until your feel a stretch in your inner thighs, and hold this position.

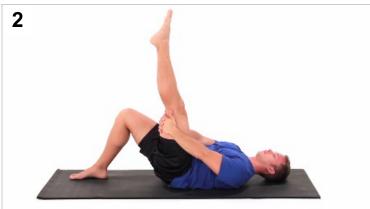
## Tip

Make sure not to arch your back during the exercise.

# **Supine Sciatic Nerve Glide**

REPETITIONS: 10 SETS: 1





### **Setup**

Begin lying on your back with your knees bent and feet flat on the floor. Grasp one leg behind your thigh and straighten that knee.

#### **Movement**

Bend your foot down toward your body, then away toward the ceiling, keeping your leg straight. Repeat this movement.

### **Tip**

Make sure to keep your low back flat on the floor during the exercise.