

Sidelying Open Book Thoracic Lumbar Rotation and Extension

REPETITIONS: 10

SETS: 1

1



2



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

SETS: 1

**DURATION
(SECONDS): 60**

1



2



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

1



2



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

REPETITIONS: 10

SETS: 1

HOLD
(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 you 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.