1-Shoulder Flexor Stretch

**Execution**

1. Stand or sit upright on a backless chair, with the left arm behind the back and the elbow bent at about 90 degrees.
2. Place feet shoulder-width apart with the toes pointing forward.
3. Grasp the left elbow, forearm, or wrist, depending on your flexibility, with the right hand.
4. Pull the upper left arm across the back and up toward the right shoulder.
5. Repeat this stretch for the opposite arm.

2-Shoulder Extensor Stretch

**Execution**

1. Stand upright with feet shoulder-width apart, toes pointing straight forward.
2. Wrap your arms around your shoulders as if you were hugging yourself, placing the arm on top that is the most comfortable.
3. Pull your shoulders forward.

3-Triceps Stretch

**Execution**

1. Sit in a chair with a back or stand upright with the left arm flexed at the elbow.
2. Raise the left arm until the elbow is next to the left ear and the left hand is near the right shoulder blade.
3. Grasp the upper arm just below the left elbow with the right hand, and pull or push the left elbow behind the head and toward the floor.
4. Repeat these steps for the opposite arm.

4-Wrist Flexor Stretch

**Execution**

1. Stand upright with feet shoulder-width apart, toes pointing straight forward.
2. Stick your left arm out in front of you at shoulder height, with the elbow straight and forearm supinated (turned up).
3. Hyperextend the left wrist so that the fingers point toward the floor.
4. Grab the left fingers with the right hand, and pull the fingers back toward the elbow.
5. Repeat these steps for the opposite arm.

5-Wrist Extensor Stretch

**Execution**

1. Stand upright with feet shoulder-width apart, toes pointing straight forward.
2. Stick your left arm out in front of you at shoulder height, with the elbow straight and forearm pronated.
3. Bend the left wrist so that the fingers point toward the floor.
4. Place the palm of the right hand against the knuckles of the left hand.
5. While keeping the left elbow straight, pull the knuckles toward the body.
6. Repeat these steps for the opposite arm.

6-Lower Trunk Flexor Stretch (Cobra)

**Execution**

1. Lie prone (facedown) on the floor.
2. Place both hands palms down. Fingers point forward by each hip.
3. Slowly arch the back, contracting the buttocks.
4. Continue arching the back as you lift your head and chest off the floor without hunching the shoulders.

7-Lower Trunk Extensor Stretch

**Execution**

1. Sit upright in a chair, with legs separated.
2. Slowly round the upper back and begin to lean forward.
3. Continue to bend at the waist and lower the head and abdomen between the legs and below the thighs.

8-Lower Trunk Lateral Stretch

**Execution**

1. Sit upright in a chair.
2. Interlock the hands behind the head, with the elbows in a straight line across the shoulders.
3. While keeping both elbows back and in a straight line, laterally flex the waist and move the right elbow toward the right hip.
4. Repeat these steps for the opposite side.

9-Hip and Back Stretch

**Execution**

1. Lie on your back on a comfortable surface.
2. Bend the right knee, and bring it toward the chest.
3. While keeping the left leg flat, grasp the right knee with both hands, and pull it down toward the chest as far as possible.
4. Repeat this stretch for the opposite leg.

10-Seated Hip Stretch

**Execution**

1. Sit with the right leg extended straight out in front. Bend the left knee and place the left foot flat against the right inner thigh, as close as possible to the pelvic area. Place the hands on the floor next to the thighs.
2. Keeping the trunk straight, bend the trunk forward from the hip joint over toward the right (straight) knee as far as possible until you start feeling a slight stretch (light pain). Keep the right knee down on the floor if possible as you bend over. Reach out with your arms toward the right foot.
3. Repeat this stretch for the opposite leg.

11-Hip External Rotator Stretch

**Execution**

1. Sit on the floor with the left leg extended.
2. Bend the right leg, and place the right foot on the outside of the left knee.
3. Bend the left arm, and position the outside of the left elbow against the outside of the upraised right knee.
4. Brace the right arm against the floor near the right hip.
5. Push the left elbow against the right knee, twisting the trunk as far as possible to the right. Maintain enough pressure with the left elbow to keep the right knee in a stable position.
6. Repeat this stretch for the opposite leg.

12-Groin Stretch

**Execution**

1. Sit on the floor in the lotus position—knees bent, feet together with the soles touching.
2. Bring the heels of the feet as close as possible to the buttocks. (Distance depends on the degree of your flexibility.)
3. Grasp the feet or just above the ankles, with the elbows spreading sideways and touching the legs just below the knees.
4. Bend the trunk over toward the feet, and press the lower part of the thighs and knees down with the elbows while stretching.

13-Seated Groin and Hamstring Stretch

**Execution**

1. Sit comfortably on the floor with legs extended in a V position, feet as far apart from each other as possible.
2. Place the hands on the floor next to the thighs.
3. Keep both knees straight and as flat against the floor as possible.
4. Slide the hands forward along the legs, and bend the trunk over between the knees.

14-Seated Hamstring Stretch

**Execution**

1. Sit on the floor, rug, or exercise mat with both legs extended and the insides of the ankles as close together as possible.
2. Keep the feet relaxed in a natural position.
3. Place the hands on the floor next to the thighs.
4. Bend at the waist and lower the head toward the legs. If possible, keep the back of the knees on the floor.
5. While bending forward, slide the hands toward the feet, and keep them alongside the legs.

15-Lying Knee Extensor Stretch

**Execution**

1. Lie on the left side of the body.
2. Bend the right knee, and bring the right heel to within 4 to 6 inches (10 to 15 cm) of the buttocks.
3. Grasp the right ankle tightly, and pull the leg back close to your buttocks. However, do not bring the heel of the right ankle all the way to the buttocks.
4. At the same time, push the hip forward.
5. Repeat this stretch for the opposite leg.

16-Calf Stretch

**Execution**

1. Stand facing a wall, 2 feet (60 cm) away.
2. Brace your hands against the wall.
3. Keeping the left foot in place, place the right foot 1 to 2 feet (30 to 60 cm) behind the left foot. The left foot is 1 to 2 feet away from the wall, and the right foot is 2 to 4 feet (60 to 120 cm) away from the wall.
4. Keeping the right heel on the floor, lean your chest toward the wall. You can bend the left knee slightly to facilitate moving the chest up against the wall.
5. Repeat this stretch for the opposite leg.