Seated Flexibility
Created by Nicole Del Greco, PT Mar 31st, 2019
View at “www.my-exercise-code.com” using code: TAQBY29

Seated Calf Stretch
While sitting in a chair, use a towel or other strap looped around the ball of your foot.

Gently pull your foot towards you until a stretch is felt along the back of your straightened leg.

Repeat: 3 Times
Hold: 30 Seconds
Complete: 1 Set
Perform: 2 Times a Day

Seated Hamstring Stretch
While sitting tall in a chair, rest your heel on the floor with your knee straight.

Gently lean forward until a stretch is felt in the back of your straightened knee.

Repeat: 3 Times
Hold: 30 Seconds
Complete: 1 Set
Perform: 2 Times a Day

Seated Piriformis and Hip Stretch
While sitting tall in a chair, cross one leg on top of the other as shown.

Next, gently push down on top knee and lean forward until a stretch is felt along the back side of the crossed leg.

Repeat: 3 Times
Hold: 30 Seconds
Complete: 1 Set
Perform: 2 Times a Day
SEATED LOW BACK STRETCH
While sitting in a chair, slowly bend forward and reach your hands for the floor until a stretch is felt all along your back.
Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

SEATED LATERAL TRUNK STRETCH
While sitting tall in a chair, raise one arm up and to the opposite side. A stretch should be felt along the side of the trunk with the raised arm.
Repeat on opposite side.
Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day

SEATED TRUNK ROTATION STRETCH
While sitting tall in a chair, rotate trunk slowly to the side through a full, pain free range of motion.
Use the arm of the chair to help stretch into rotation. Hold for 30 sec.
Repeat on opposite side.
Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Time(s) a Day