



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 Time(s) 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 Time(s) 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 Time(s) 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