

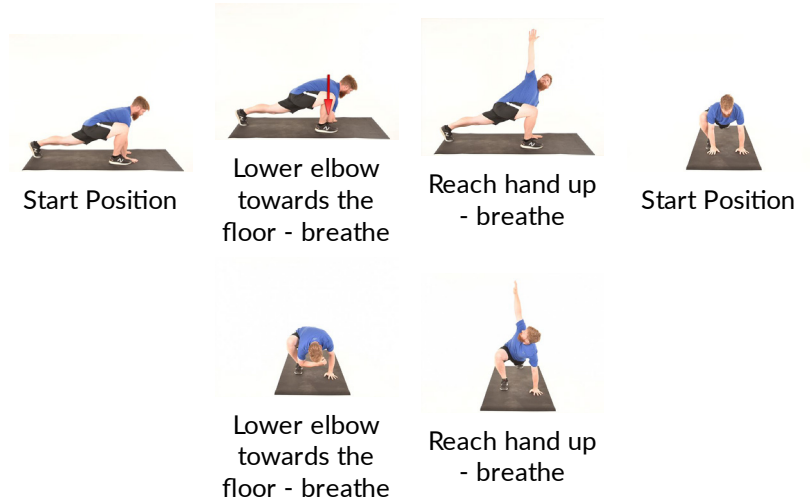
## World's Greatest Stretch

### Preparation:

- Start with both hands on the floor in a lunge position as shown
- Lower the hips, stay tall in the chest

### Execution:

- On the side with the knee up, drop the elbow down towards the floor - breathe
- Turn towards the the knee that is up and reach up - breathe
- Keep the back knee straight



## Cervical Retraction with Extension

### Preparation:

- Sit tall
- Tuck chin

### Execution:

- Use fingers on chin to push gently backward
- Extend neck



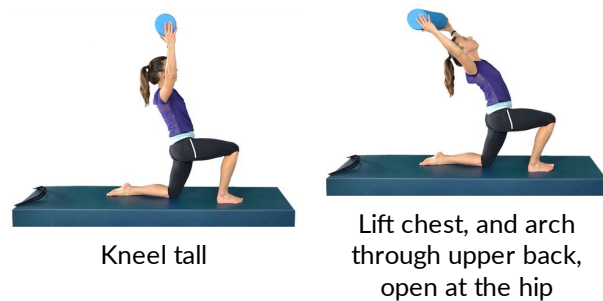
## Thoracic Extension | Half Kneeling - Arms Overhead (Foam Roller)

### Preparation:

- Kneel on one knee
- Raise roller over head

### Execution:

- Raise roller above your head
- Arch back through your upper back and hip



## Thoracic Extension Stretch | Hands Behind Head (Ball)

### Preparation:

- Sit on ball as shown

### Execution:

- Roll back over the ball to stretch your upper back



Hands behind head



Arch back

## Thoracic Extension Multisegmental (Foam Roller)

### Preparation:

- Lie on a foam roll as shown.
- Support your neck with your hands.

### Execution:

- Arch your upper back over the foam roller towards the floor.
- Move up and down the foam roller and repeat at different levels of your upper back.

### Important:

- DO NOT arch through the lower back



Lie on roll, support neck with hands



Arch upper back over roll



Move up and down the roll and repeat



Repeat at different levels of your back - Lie on roll



Different Levels - extend upper back



Different levels - move up and down roll

## Thoracic Rotation (Foam Roller)

### Preparation:

- Lie on a foam roll as shown.
- Arms straight out forward with hands together.

### Execution:

- Rotate your arms and trunk side to side.



Lie on roll, arms forward, hands together



Rotate to one side



Rotate to other side

## Four Point Trunk Flexion + Extension

### Preparation:

- Start on hands and knees

### Execution:

- Arch your back up to the ceiling as high as you comfortably can. Hold.
- Arch your back the opposite direction as low as you comfortably can. Hold.



Start on all fours



Arch down



Arch up

## Repeat Lumbar Extension | Large Amplitude

### Preparation:

- Use a chair to block knees
- Hands on glutes

### Execution:

- Lean through low back far as you can



## Downward Dog (Kickback)

### Preparation:

- Resting on all fours

### Execution:

- Lift your buttocks with hands and knees into downward facing dog
- Keep your back flat and knees straight as you push your buttock towards the ceiling
- Kick back leg up straight as an arrow



Down dog



Kick leg up, straight as an arrow

## Latissimus + Anterior Shoulder Stretch | Dynamic

### Preparation:

- Start on all fours
- Hips and knees bent to 90 degrees
- Reach your arms over your head, grabbing a chair, bar or wall

### Execution:

- Gently push your chest towards the floor to feel a stretch in your back and chest

### Caution:

- Avoid pushing / hinging at your shoulder as this can lead to injury
- Do not perform this stretch if you have had a shoulder dislocation



Start position

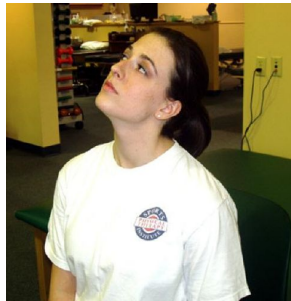


Gently push chest toward floor

## Scalene Stretch Hold Chair



Hold front of chair w/ hand, tilt head to other shoulder.



Tilt head back and rotate eyes to same side that your hand is holding the chair.



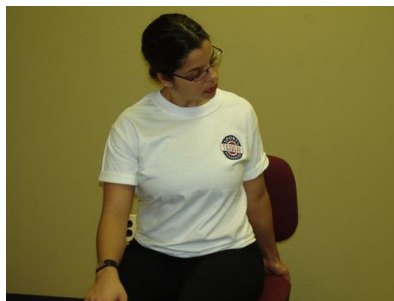
Lean back in chair, feel stretch in front of neck, hold.

## Upper Trapezius Stretch - Hold Chair

Sets: 1 | Reps: 3 | Hold: 30



Hold back of chair with involved hand.



Side bend and flex neck to the other side, lean trunk forward.



Rotate eyes to fixed shoulder. Feel pull in back of neck.

## Thoracic Rotation | Hand Behind Head

### Preparation:

- Start on all fours
- Position one hand behind head

### Execution:

- Rotate through your upper back, looking over shoulder
- Return to the start with control



Start position



Rotate upper trunk upward

## High Warrior

### Execution:

- Lunge forwards
- Hips are facing forward
- Reach arms straight up
- Grow tall through the upper back



Lunge and reach

## Triangle



Side view



Reach for front foot and other hand to ceiling



Back view



Reach for front foot and other hand to ceiling



Head on view

## Hip Flexor Stretch - 1/2 Kneeling Arm Overhead

Sets: 1 | Reps: 3 | Hold: 30 seconds



1/2 kneeling, involved hip back.



Reach outer hand overhead toward wall, put inside hand on hip and push hips away from wall.