

Exercise Protocols
PSOAS STRETCH



STANDING:

- Place your right foot on a chair or step, raise your left hand over your head and lean over your raised leg.
- Add a little back extension (lean back slightly) to maximize the stretch (as long as there is no pain in the low back).
- You should feel the stretch in the front part of the hip/abdominal area.
- Hold for 15-20 seconds in this position.
- Relax.
- Repeat on the left side.
- Perform at least 2-3 times a day.



KNEELING:

- Kneel on your right knee using a towel or cushion for support underneath.
- Keeping your hips/pelvis square, raise your right hand over your head and lean over your left leg.
- Add a little back extension (lean back slightly) to maximize the stretch (as long as there is no pain in the low back).
- You should feel the stretch in the front part of the thigh/hip/abdominal area.
- Hold for 15-20 seconds in this position.
- Relax.
- Repeat on the left side.
- Perform at least 2-3 times a day.

Reason: To lengthen the hip flexors and take the strain off the low back and hip extensor muscles.
* Special thanks to Dr. Amy Thomas for demonstrating these exercises. © 2006

Exercise Protocols
PECTORALIS STRETCH



DOORWAY:

- Stand in a doorway. Place both hands on either side of the doorway frame. Make sure that your arms are parallel to the floor.
- Keep your head straight (looking forward, not down) and lean forward slightly (as if someone were standing in front of you and pulling you forward from a string attached to your chest).
- You should feel the stretch across the front part of the chest/arms but not in the shoulder joints or low back. If you do, move forward more into the doorway frame and retry the lean. You should now feel the stretch in the appropriate area.
- Hold for 15-20 seconds in this position.
- Relax.
- Perform at least 2-3 times a day.

Reason: To lengthen the internal rotators (pecs/subscapularis/etc) and take the strain off of the external rotators and scapular stabilizers.
* Special thanks to Dr. Amy Thomas for demonstrating these exercises. © 2006

Exercise Protocols
SCM STRETCH



- Place the padded portion of your left thumb just underneath the collar bone on the right side, press inward slightly and hold that position with your hand.
- Slowly lean your head back and away from your hand. You should begin to feel a stretch in the front part of the neck with this.
- Then, stretch the right arm slightly back and down as if you were reaching for something. You should now feel the stretch in the neck, shoulder and arm.
- Hold for 15-20 seconds in this position.
- Relax.
- Repeat on the left side.
- Perform at least 2-3 times a day.

Reason: *To lengthen the neck flexors and take the strain off of neck extensors.*

** Special thanks to Dr. Amy Thomas for demonstrating these exercises. © 2006*