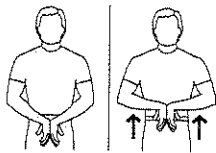


**Stretch wrist extensors bil (reverse prayer)**

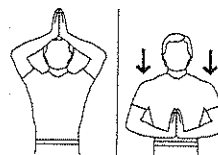


- Begin backs of hands together in front of body at hip level.
- Slowly bring arms upward.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch wrist flexors bil (prayer)**

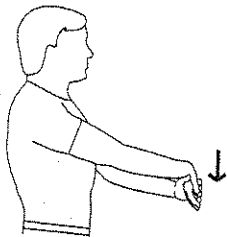


- Place palms together over head.
- Keep palms together and move hands downward as far as possible.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch wrist flexors straight w/sup**

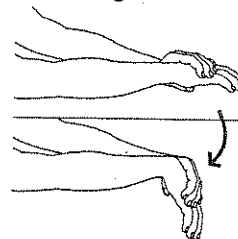


- Position hand palm up.
- Grasp fingers of one hand with other hand.
- Keeping elbow straight on involved arm.
- Pull hand down gently, as shown.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch wrist extensors straight arm**

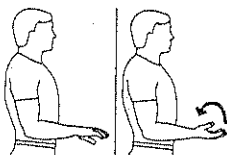


- Begin with elbow straight.
- With other hand, grasp at thumb side of hand and bend wrist downward.
- To increase the stretch, bend wrist toward small finger.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**AROM wrist sup/pron**

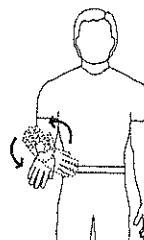


- Stand or sit, arm at side, elbow bent to ninety degrees, palm down.
- Rotate elbow/forearm palm up through available range.
- Return to start position.

Perform 1 set of 20 Repetitions, twice a day.

Perform 1 repetition every 4 Seconds.

**AROM wrist circles**



- Stand, arm at side, elbow bent to ninety degrees, palm down.
- Move wrist in circular motion, through available range.

Perform 1 set of 20 Repetitions, twice a day.

Perform 1 repetition every 4 Seconds.

*Keep taking deep breaths*

*Helping you bridge the gap to better health*



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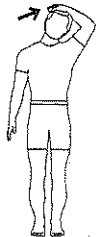
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**Stretch cerv sidebend w/pressure opposite side**

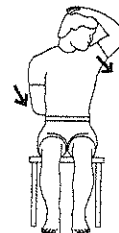


- Sit or stand.
- Place right hand on top of head.
- Keep head facing forward and gently pull head sideways to right.
- Repeat with left arm.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch Levator scapulae arm behind**



- Sit.
- Reach right arm behind back.
- Place left hand on top of head.
- Pull head down and to diagonally to the left, looking toward the left hip.
- Repeat to other side.

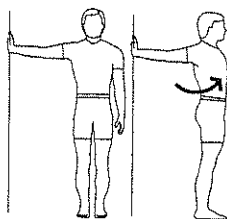
**Special Instructions:**

The stretch can be increased by moving the shoulder of the arm behind the back downward.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch Pectoral standing uni**

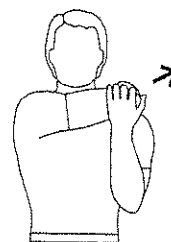


- Stand with arm on doorway as shown.
- Gently turn away, keeping back straight.
- Return to start position and repeat.
- Repeat with other arm.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch Rhomboids**

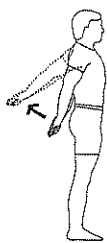


- Bring left arm across in front of body as shown.
- Hold elbow with right arm.
- Gently pull across chest until a stretch is felt in the back of shoulder.
- Repeat with other arm

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch shld ext bil**

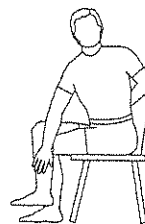


- Grasp hands behind back.
- Move arms backward until stretch is felt across front of chest and shoulders.
- Relax and repeat.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

**Stretch lumbar/thoracic rotn sit (Pretzel)**



- Perform while sitting.
- Cross right leg over left leg.
- Place right arm against inside of right leg.
- Place left hand in small of back.
- Take deep breath, lift chest up and turn torso to left and exhale.
- Repeat with opposite side.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

- Perform gentle neck rolls while looking in all directions
- Clasp hands in front a "push forward." Hold arms at different angles to feel different stretch and/or chin to chest.
- Keep taking deep breaths

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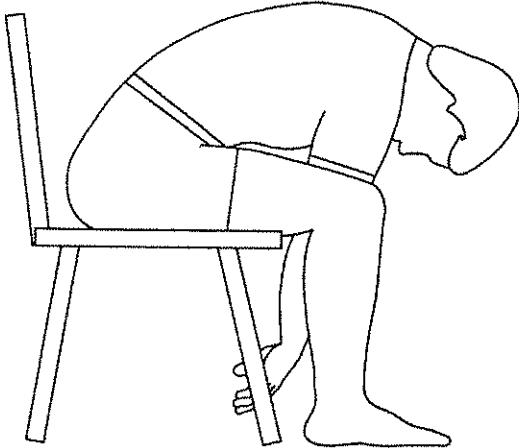
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**Stretch lumbar flex sit**



- Sit in chair with knees apart.
- Slowly bend forward and reach between legs.
- Hold stretch and return to sitting position and repeat.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 20 Seconds.

**AROM lumbar ext standing**

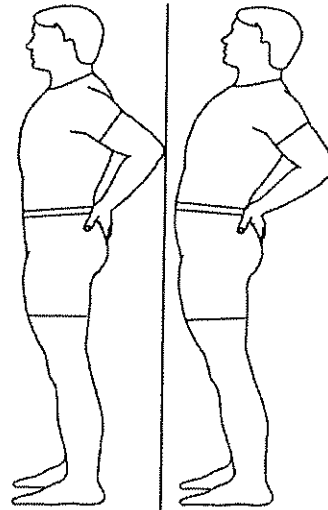
- Stand with feet shoulder distance apart.
- Place hands on hips as shown.
- Arch backwards.
- Return to start position and repeat.

**Special Instructions:**

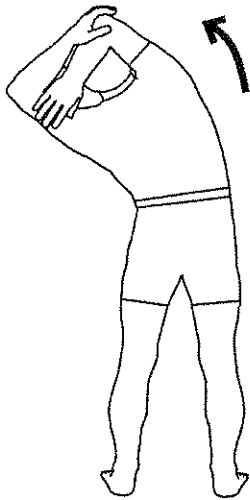
Perform at rate of one arch per second.

Perform 1 set of 10 Repetitions, once a day.

Perform 1 repetition every 4 Seconds.



**Stretch Lattisimus/Obliques stand**



- Raise right arm overhead behind head, holding with left arm.
- Bend knees slightly to provide better balance.
- Pull arm as you bend trunk to left.
- Repeat with other side.

Perform 1 set of 3 Repetitions, twice a day.

Hold exercise for 30 Seconds.

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