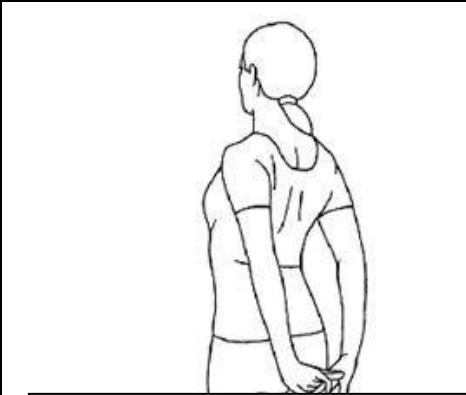


Lower back stretch



Chest and shoulder stretch

### PIRIFORMIS STRETCH

Cross right leg over left at knee. Clasp hands behind bottom leg. Pull both legs toward chest.



Repeat with opposite leg. (Stretch should be felt in buttocks of crossed leg).

Hip stretch



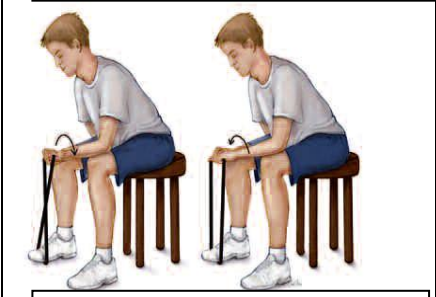
Wrist extension strengthening



Wrist flexion strengthening



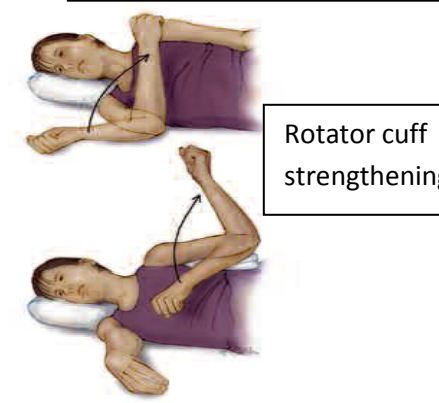
Forearm strengthening



Forearm strengthening



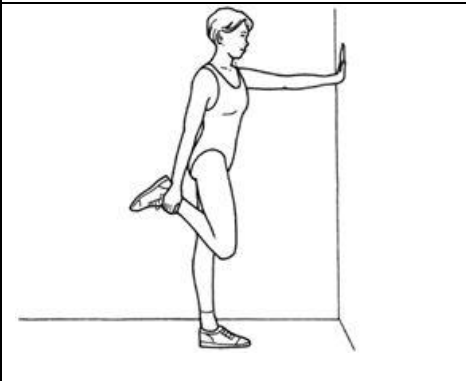
Wrist stretch



Rotator cuff strengthening



Rotator cuff strengthening



Quadricep stretch

### HAMSTRING STRETCH (STANDING)

This stretches the hamstrings, erector spinae, and gluteal muscles.



Position: Stand with the knees slightly bent.

Action: Bend forward keeping the head up, and reach toward the toes. Straighten the legs, and hold this position for 10 to 15 seconds.

