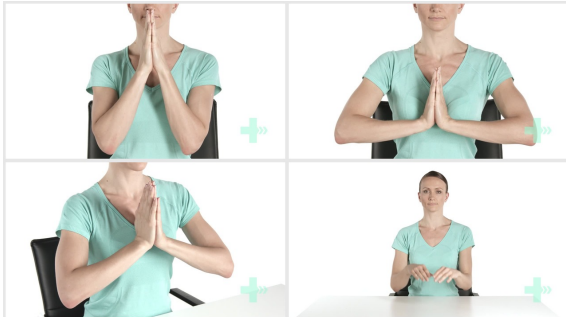




## Stretch Card/Work Station Setup

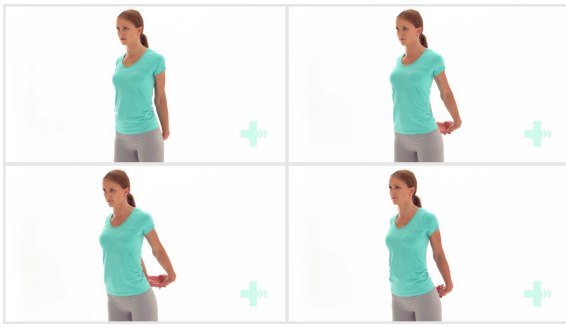
1 Set / 3 Reps / 5 s hold



### 1. Passive wrist extension palm to palm

Sit upright in a chair.  
Bring your palms together in front of you and close to your chest.  
Gradually lower your hands, keeping the palms of your hands together.  
Hold this position in a stretch.

1 Set / 3 Reps / 10 s hold



### 2. Chest stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards.  
Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

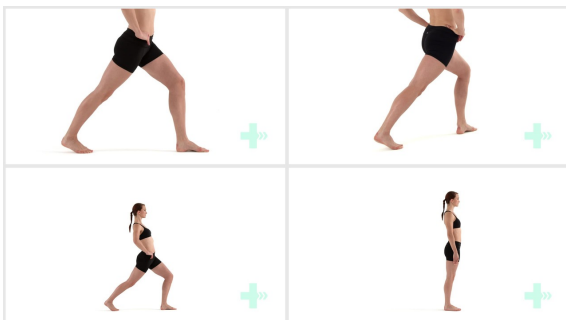
1 Set / 10 Reps / 1 s hold



### 3. Cat and camel pose

Start on your hands and knees with your back in a neutral position.  
Arch your back, lifting your head up and pushing your tail bone out, making a dish with your spine.  
Hold this position.  
Next, bend your back up by tucking your head and tail bone in and pulling your belly button in towards your spine, making a curve through your back.  
Hold this position, and then repeat.

1 Set / 3 Reps / 10 s hold



### 4. Hip flexor stretch in stand

Start in a standing position.  
Move your affected leg one pace backwards.  
Hold on to a support if you feel you need it.  
Keeping your feet in this position, drive your hips forward and lift up your chest.  
It is ok for the back knee to bend a little and for your heel to come up off the floor.  
You should feel a stretch in the front of your hip.  
Hold this position and then return to the starting position and then relax.

*Both sides*



### 5. Quads stretch - stand

Stand up straight, close to a wall or supportive surface.

Bend your knee on the affected leg, taking your heel towards your buttock.

Hold onto the top of your foot with your hand, and gently pull your heel closer in towards your buttock, until you feel a stretch in the front of your thigh.

Ensure you keep your knees together.

Hold this position.



### 6. Overhead stretch

Start in a seated position and interlock your fingers.

Raise your arms above your head and rotate your hands so they are facing palm up.

Push your arms upwards, feeling the stretch through your sides and shoulders.

Hold this position before you relax and repeat the movement again.