

STRETCH & FLEX



MARKETPLACE

PHYSICAL THERAPY
& WELLNESS CENTER

Improve posture, balance, reduce fatigue, prevent injury, and increase productivity with these simple In-office stretches

Scalene Stretch with Strap

Place a belt or strap at base of neck. Hold the strap with the hand opposite of the strap behind your back and the same arm in front. Apply a gentle pull straight down toward the floor with both hands. Then side bend (ear to shoulder) your neck back and forth slowly going as far as you can.



Seated Resisted Hip Abduction

Begin seated with leg you wish to be stretched slightly extended out in front of you while still maintaining a bend in the knee. Wrap strap around ball of foot. With toes pointing towards ceiling and heel rested on ground grasp the towel or strap at both ends and pull gently towards you until you feel a stretch in your calf.



Seated Resisted Hip Abduction

Seated in an upright position place a resistance band around your legs, above your knees. Slowly open and close your knees against the resistance of the band.



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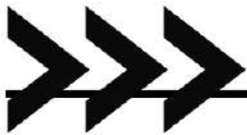
Seated Thoracic Extension

Sitting in a supportive chair with lumbar support, either place hands on your upper shoulders or place arms across shoulders. Lean backwards against the lumbar roll and chair to provide a stretch in the middle back region. Hold for several seconds, then return back to the starting position.



Hamstring Stretch With Strap

Begin by lying on your back with your legs straight. Movement: Place the band around your affected foot and apply tension. Slowly raise your leg (keeping it straight) against the tension of the band and return to the starting position.



Forearm Smash on Table

Position ball just below the elbow using a box or countertop Part 1: rotate wrist palm up to palm down for several reps Part 2: apply friction back and forth lengthwise along forearm in short strokes Part 3: apply transverse (side to side) friction in short strokes



Lacrosse Ball against Wall

Starting Position: Standing with your back against the wall, place lacrosse ball between your body (area to be worked on) and the wall. Movement: Gently squat up and down to self massage this area.

DISCLAIMER: This guide is designed for educational purposes and aims to provide general information on exercises & wellness practices. It is essential to approach the exercises with caution and mindfulness. Participants are encouraged to perform all exercises at their own risk, taking into consideration their individual health conditions and fitness levels.

