

Notes: Stretch after daily activity.

### 1. Posterior cuff stretch



- Stand straight and bring one arm in front of your body at shoulder height.
- Use the opposite arm to lightly push on your elbow to accentuate the stretch.
- Hold the position when you feel a comfortable stretch behind the shoulder.
- Do not rotate the trunk.

Sets: 2 Hold: 20 sec.

### 2. Pectoral stretch



- Place your palm on the wall with your arm outstretched horizontally at 90 degrees to the body.
- Keeping your palm on the wall, twist the torso away from the direction of the hand that is placed on the wall until a stretch is felt in the pectoral muscle.
- Hold the position for the recommended time and breathe normally.

Sets: 2 Hold: 20 sec.

### 3. Side bends



- Stand up with the soft end of the powerswing trainer under your foot and the other end in your hand.
- Side bend to the opposite side. You can slide your free hand on your thigh to guide the movement.
- Perform the movement in a slow, controlled manner.

Sets: 2 Hold: 20 sec.

### 4. Standing calf stretching



- Stand and place both hands on a wall, with your feet about half a meter from the wall.
- Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
- Maintain the stretch and relax.

Sets: 2 Hold: 20 sec.

### 5. Seated hamstrings stretch



- Sit on the edge of a sturdy chair with one leg straight out in front of you and the other knee bent.
- Stick your hips back, keeping your back straight, as you bend forward to feel a stretch behind your straight leg.
- Hold the position for the recommended time.

Sets: 2 Hold: 20 sec.

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## 6. Lumbar rotation stretch

- Lie on your back with your knees bent. Keeping your knees together, lower them to the ground as far as you can on one side and maintain the stretch. Return to the neutral position and repeat on the other side. Do not raise your shoulders off the bed when you lower your knees.

Sets: 2 Hold: 20 sec.



## 7. Knee to chest

- Lie on your back and bring one knee up to your chest.
- Return to the starting position.

Sets: 2 Hold: 20 sec.



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**Exercise#1 : Page 1 GEN104633 Posterior cuff stretch**

Sets: 2 Hold: 20 sec.



**Exercise#2 : Page 1 GEN122471 Pectoral wall assisted twist stretch**

Sets: 2 Hold: 20 sec.



**Exercise#3 : Page 1 GEN104638 Side bends with band**

Sets: 2 Hold: 20 sec.



**Exercise#4 : Page 1 XGEN1659 Standing, calf stretch with heel on floor and knee straight**

Sets: 2 Hold: 20 sec.



**Exercise#5 : Page 1 GEN120247 Hamstring stretch, sitting on chair, unilateral**

Sets: 2 Hold: 20 sec.



**Exercise#6 : Page 2 XGEN222 Supine, passive lumbar rotation stretch (knee bent)**

Sets: 2 Hold: 20 sec.



**Exercise#7 : Page 2 XGEN1603 Supine lying active hip flexion**

Sets: 2 Hold: 20 sec.