



**Hamstring Stretch**

Patient is supine and stretcher grasps under the ankle and stabilizes the knee to prevent flexion, while extending the hip.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Long Adductor Stretch**

Client is supine on the table. Position yourself to lightly stabilize the patients left hip against the table, using your other hand to control the patients right leg. Slowly walk the patients right leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Short Adductor Stretch**

The client lies supine. Stretcher bends right knee, placing sole of foot against inside of left knee and lowers right knee toward table as far as it will go. Place hand on inside of right knee and have client slowly attempt to push right knee toward ceiling.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Short Adductors- Both**

Client is supine with soles of feet touching. Hold both knees. Make sure client keeps hips flat on the table. Direct the client to slowly attempt to bring his knees together.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Gluteus Medius**

Client is supine with one hip flexed to 90 degrees and drawn up toward opposite shoulder. Place one hand on clients lateral knee and other hand on ankle. Direct client to begin slowly to push knee toward you diagonally.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Piriformis Stretch**

Client is supine with one hip flexed to 45 degrees and up toward opposite shoulder. Rotate foot laterally by bringing the foot closer toward the shoulder. Place one hand on the clients lateral knee and ankle. Direct the client to slowly push the knee and ankle toward you diagonally, then by adding more lateral rotation to deepen the stretch.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Rectus Femoris Stretch**

Client is supine. Support the lower back with hand closest to clients head. Hook foot of bent leg onto your upper quad. Reach over knee and place hand on table and gently pull back, while pushing the clients heel to glutes.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Psoas Stretch**

Client is on side. Support the lower back with y hip. Hook outer arm under bent leg above the knee. With other arm grasp table and gently twist back.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Quad Stretch**

Client is prone with knee flexed to 45 degrees. Place one hand under the clients knee and the other hand around the foot. Gently pull in an upward motion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



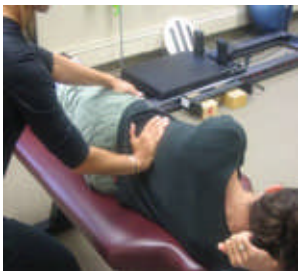
**Quadratus Lumborum**

Have client lie on side. Place arm closest to head on bottom of rib cage and other below knee. Elongate and push down with both hands.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Quadratus Lumborum - Hands**

Have client lay on side with back at the edge of the table. Stand behind the client. Make sure hips are vertically stacked. Place hand closest to knees on iliac crest and other hand on lateral aspect of the rib cage. Apply resistance in opposite directions with both hands.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Tensor Fascia Lata - Side**

Have client lie on side. Place hand closest to client's head on the hip and other hand below the knee. Elongate and push down with both hands.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Tensor Fascia Lata - Supine**

Have client lie supine while holding leg and ankle. Extend straight leg up and across.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



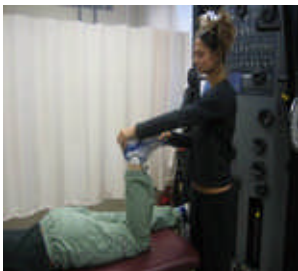
**Gastrocnemius - Supine**

Client is supine with one leg elevated to a 45 degree angle, knee should be locked. One hand hooks on the calcaneus and pulls toward the examiner. The other hand contracts the plantar surface and pushes the foot up into dorsiflexion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Soleus - Prone**

Client is prone with knee flexed to 90 degrees. Hook under the calcaneus with the superior hand and pull up, while the inferior hand contracts the plantar surface and pushes down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Gastrocnemius - Prone**

Have client lay prone on a table with foot resting on your quad, flex knee to 45 degrees. One hand hooks on the calcaneus and pushes down, Push your knee toward the client to contract the plantar surface and push the foot into dorsiflexion.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Soleus - Supine**

Client is supine with leg elevated and knee bent to 90 degrees. Have client contract the muscles at the front of the leg in the shin (dorsiflex) area. Then push down on the front part of the bottom of the foot.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



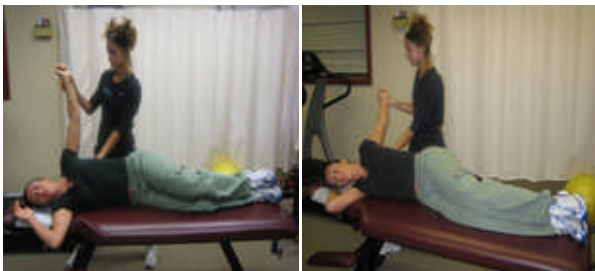
**Quadratus Lumborum- Elbow**

Client lies on side with back at the edge of the table. Stand behind the client. Make sure hips are vertically stacked. Grip hands together and place elbow closest to the knees on the iliac crest and the elbow closest to the clients head on the lateral aspect of the rib cage. Apply resistance from both directions with elbows.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



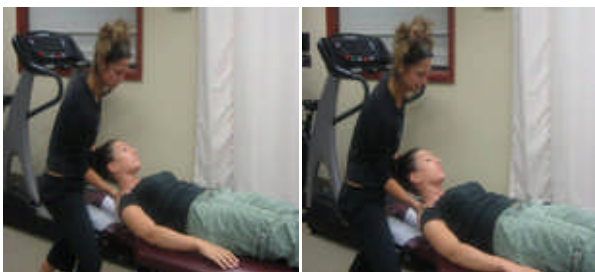
**Pectorals**

Client is on side. Stabilize the client by placing the inferior arm on the sternum. The client's arm is abducted and the superior hand grabs above the wrist and gently pushes down.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Trapezius Stretch**

Stand at head of table. Client is supine with hands relaxed at sides. Client's head is placed into flexion. Depress the shoulder on the side being stretched.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Levator Scapulae Stretch**

Client is supine with arm along side of the body. Stand at the head of the table. Rotate the client's head 10-15 degrees away from the side being stretched, then flexed in the direction the nose points. Contact the trapezius and depress it.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Neck Flexion**

Slowly tuck chin and allow head to drop toward the chest. Apply slight pressure from under the head to increase the stretch. Have the client push back into your hand.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Sternocleidomastoid**

Have client seated at edge of table, client's hand is holding on to table. Turn head away from that arm. Client places opposite hand so that thumb is on the collarbone, then gently press head to the side and backward.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Neck Lateral Flexion**

Client is seated with one hand holding the side of the table. Slowly laterally flex your head to the opposite side by bringing your ear to the same side shoulder. Apply slight pressure to the side of the head to increase the stretch. Have client push back into your hand.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



**Pectorals - Seated**

Have client in a seated position with arms extended out to the side with palms faced out. Place ball between client's back and your chest. Grab just above wrist and gently pull back.

Notes:

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31