Basic Lower and Upper Body Stretches

**Piriformis Stretch** - Cross one leg over the other. Gently pull on the outside of the knee of the crossed leg.

Hold for 20 seconds and repeat 5 times. Switch Legs.

**Gastroc/Soleus Stretch** - Lean against a wall. Stagger your step, slightly bend your knees, and lean into the wall while keeping your heel to the ground. Also perform with your leg straight (no bent knee).

Hold for 20 seconds and repeat 5 times. Switch Legs.

**Quadriceps Stretch** - While holding on to something stationary for balance, raise one foot up behind you while holding onto that foot with the opposite hand and gently pull up.

Hold for 20 seconds and repeat 5 times. Switch Legs.

**Inner Thigh Stretch** – Place hands on hips for stability. Feet wide apart. Keep one leg straight while bending the opposite leg and gently lower toward the floor.

Hold for 20 seconds and repeat 5 times. Switch Legs.

**Hamstring Stretch** – Place hands on hips for stability. Place one foot an a step and lean forward.

Hold for 20 seconds and repeat 5 times. Switch Legs.
Deltoid/Rhomboid Stretch – Cross one arm across the chest while hold with the opposite hand at the elbow.

Hold for 20 seconds and repeat 5 times. Switch arms.

Triceps Stretch – Raise one arm above your head; bend at the elbow as if you were scratching your back. Raise the opposite arm and bend at the elbow to hold the opposite arm at the elbow joint while gently pulling down.

Hold for 20 seconds and repeat 5 times. Switch arms.

Lateral Neck Stretch – Place your hand on the opposite side of your head and gently pull.

Hold for 20 seconds and repeat 5 times. Switch sides.

Wrist/Forearm Stretches – Put one arm straight out in front of you while pointing your fingers toward the floor. Gently pull the back of out stretched hand toward yourself with the opposite hand. Also, point fingers toward to sky and gently pull back with opposite hand.

Hold for 20 seconds and repeat 5 times. Switch hands.