

THE NANI STRETCHING GUIDE

The following can be done in 3 sets of 10 and remember to hold each stretch for 15-30 seconds. It is common to experience soreness afterwards, so make sure you drink lots of water and ease into stretches with caution. Mild discomfort is normal with stretching but if you experience pain or moderate discomfort stop.

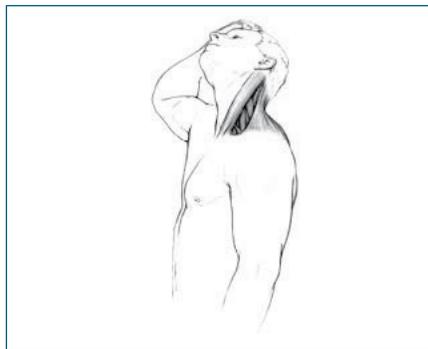
***Important: Please review the notes on the back of this guide prior to beginning these exercises.**

UPPER BODY



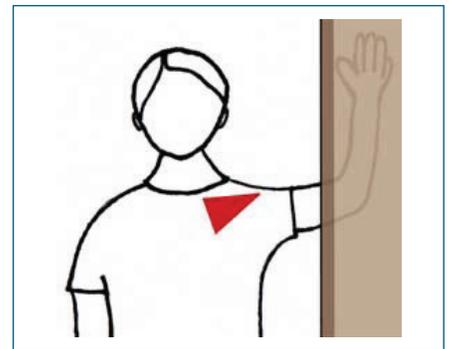
○ TRAPEZIUS

Place the affected side arm behind your back. Take your opposite hand and place it on your head. Pull your head away from the affected side and look down. Be sure to keep the affected side shoulder down during the stretch.



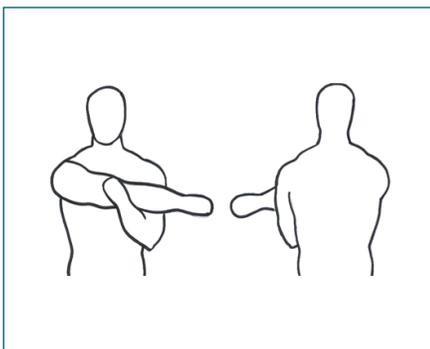
○ SCM

Rotate your head away from the affected side and extend your head back. An alternative stretch would be to place your hand on your head to aid you in the same stretch.



○ PECTORAL

Stand in doorway and place your arm on the door frame making sure your elbow is bent. Lean forward with your chest. You can place your hand at any height on the door frame you feel gives you the best stretch.



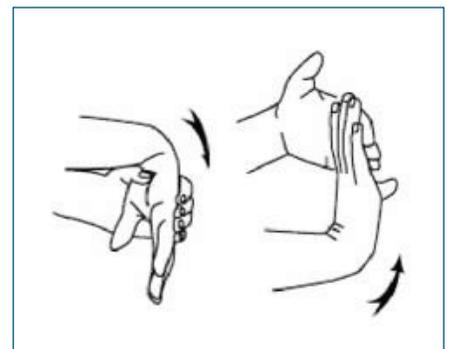
○ SHOULDER BLADE

Cross the affected side arm across the chest and use your opposite arm to stabilize under the elbow. The stabilization arm can be used to further pull the affected arm to allow for a deeper stretch.



○ SERRATUS ANTERIOR

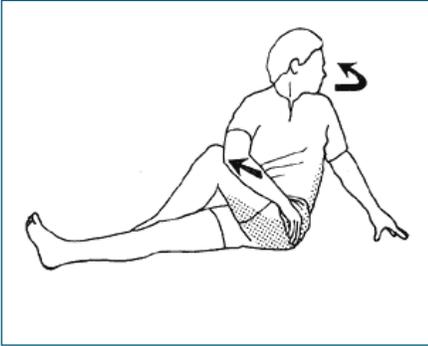
Place your arm above your head and lean to one side. You can also do the same stretch while placing your hands on the wall.



○ ARMS

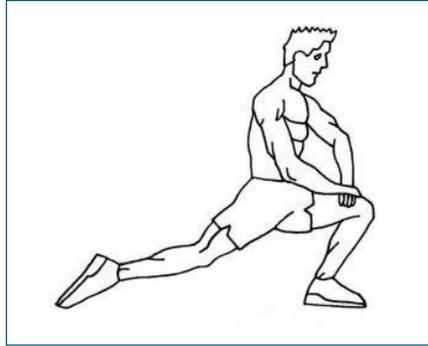
Extend or flex the affected hand and use the opposite hand to facilitate a stretch.

LOWER BODY



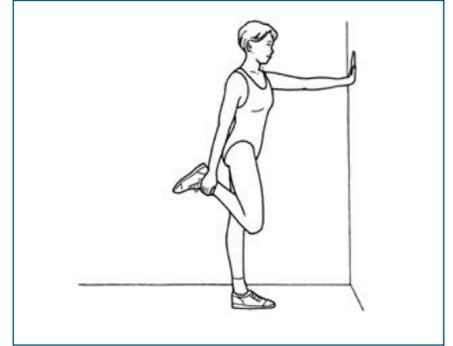
LOW BACK

From a seated position, place one leg over the other at the knee, while rotating your upper body towards the bent leg side. You can place your elbow against your knee to help stabilize your upper body as you rotate.



HIP FLEXOR

Start with a fencer stance. Keep your back leg straight with your opposite leg bent in front of you. Keep your lower back straight. The lower you get to the ground the better the stretch.



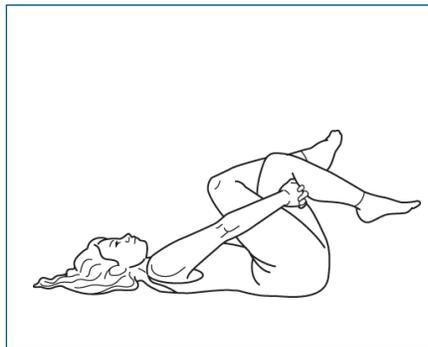
QUADS

Stabilize your opposite arm against the wall and bend the affected side leg at the knee. Pull your foot upwards. The higher you pull the foot the deeper the stretch.



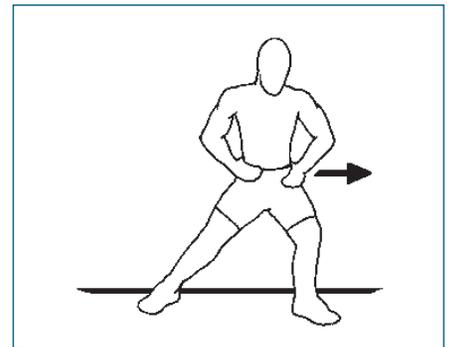
HAMSTRING

From the seated position place the affected leg flat on the ground with the knee in a non-bent position. Lean forward as far as you can without bending your knee.



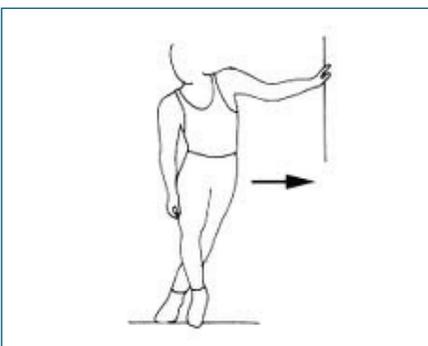
GLUTES

Place the affected side lower leg against the unaffected side knee. Grab the unaffected leg behind the knee and pull towards you.



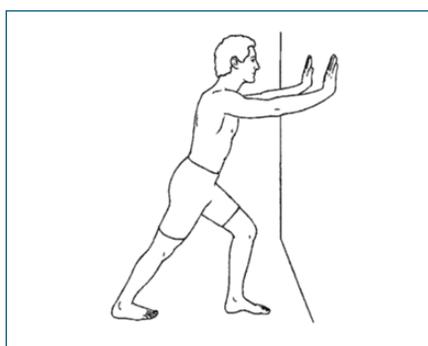
INNER THIGH

Standing, extend affected leg outward and bend opposite knee.



IT BAND

Stabilize one hand against the wall and place the affected leg behind the unaffected leg. Push your pelvis and hip towards the wall.



CALVES

Place both hands against the wall and place the affected leg behind the unaffected leg as if you were in a runner's stance. Lean forward without bending the affected side knee.

** The exercises provided are for educational purposes only, and not as a recommendation for a specific treatment plan or substitute for medical consultation. Exercise is not without its risks, and this or any exercise program may result in injury. They include, but are not limited to: risk of injury, aggravation of a pre-existing condition, or adverse effect of over-exertion such as muscle strain, abnormal blood pressure, fainting, disorders of heartbeat, and very rare instances of heart attack. To reduce risk of injury, please consult a health care provider for appropriate exercise prescription and safety precautions. We disclaim any liability from and in connection with this program.*