

Brachial Stretch



With the palm of your hand pushed into the wall so that the wrist is extended back, turn your shoulders away to create a stretch in the brachial nerves, gently tilt the head away to increase this stretch

Pecs/Biceps with nerve stretch

Pectorals and Biceps Stretch

To stretch the pectorals put the palm of the hand on something about ear height and turn the shoulders away.

To stretch the biceps perform the same movement with the arm rolled over so the back of your hand is against the object.



Psoas Stretch With a Lean

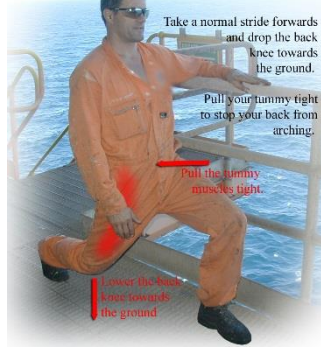


Perform the same movement as a regular psoas stretch (remember to pull your tummy tight to stop your back from arching). Then interlock your fingers above your head and lean slightly sideways to increase the stretch

Hold for 4-5 deep breaths on each side.

Psoas

Psoas stretch without kneeling



Take a normal stride forwards and drop the back knee towards the ground.

Pull your tummy tight to stop your back from arching.

Pull the tummy muscles tight.

Lower the back knee towards the ground

Hamsrings Stretch



Stand with your heel on something about mid-thigh height (a chair is ideal). Be as square as possible to the front (have the back foot facing straight forwards to help with this). Lean forwards only from the waist. Poke your tailbones out to avoid slumping the spine.

Hold for 4-5 deep breaths on each side.

Piriformis Stretch



Cross one ankle over the other knee, then pull the knee towards you. This will create a stretch in the buttock of the crossed leg.

Contract by pushing the ankle harder into the knee, hold for 5 seconds release, then stretch further. Repeat twice on each side.