

STEP 1

STEP 2



Prone Press Up

REPS: 10-20 | **HOLD:** 1-5 | **EVERY 3-5 HOURS:** 1 set | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin lying on your stomach, with your hands by your shoulders resting flat on the ground.

Movement

- Push against the floor with your hands, bending your back upward. At the top of the stretch, exhale all your air out of the lungs to allow the diaphragm to relax, intensifying the stretch.

Tip

- Make sure to keep your hips in contact with the floor and maintain a gentle chin tuck throughout the exercise.

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MDT Hip Ext Lunge

REPS: 10 | **SETS:** 2 | **HOLD:** 1-5 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Kneel on the affected side with knee on pillow. Place hand behind affected hip as pictured

Movement

- Shift weight forward guiding the hip with hands until stretch is felt in front of hips.

Tip

- Maintain upright posture, do not lean forward.

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MDT Thoracic Extension Seated

REPS: 10 | **SETS:** 1 | **HOLD:** 1-5 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Sit towards front of chair, interlock fingers behind the neck, keep elbows pointed forward

Movement

- drive elbows upward towards the ceiling. You will have to arch the lower back

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MDT Shoulder Extension Squat

REPS: 10-15 | **HOLD:** 1-2 Sec | **SETS:** 1-2 | **WEEKLY:** 7x | **DAILY:** 2x

Set-Up

- Find a surface at least waist height upon which you can place your hand with palm facing up. Place feet at shoulder width.

Movement

- Slowly squat downward, keeping the upper body as vertical as possible.

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Standing Shoulder Extension ROM with Dowel

REPS: 10 | **SETS:** 2 | **HOLD:** 1-5 | **WEEKLY:** 7x | **DAILY:** 2x

Setup

- Begin in a standing upright position holding a cane behind you in both hands.

Movement

- Lift the cane backwards as far as is comfortable with your arms straight, then slowly lower it back down and repeat.

Tip

- Make sure not to shrug your shoulders during the exercise.

STEP 1



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Standing Soleus Stretch on Step

REPS: 10 | SETS: 2 | HOLD: 1-5 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing upright position with the front part of one foot positioned on a small platform or step with your knee bent.

Movement

- Slowly lean forward, lowering your heel toward the ground, until you feel a stretch in the back of your calf and knee.

Tip

- Make sure to perform the stretch in a slow and controlled manner and keep your knee bent.

STEP 1



STEP 2



Wrist Prayer Stretch

REPS: 3 | HOLD: 30 | WEEKLY: 7x | DAILY: 2x

Setup

- Begin in a standing upright position. Place your hands together with your palms facing inward.

Movement

- Gently push your hands together and lower them downward at the same time, feeling a stretch in your wrists.

Tip

- Make sure that your palms stay together during the stretch and keep your shoulders relaxed.