

**Notes :**

Here are some great stretches to do at home to feel well. Give them a try

**1 Mid back rotation stretch**



Start on all fours and push your hips back so your buttocks rest on your heels. You may want to have your knees apart to be more comfortable. Reach forward with your hands and hold the stretch. Next, reach to one side with both hands and hold the stretch. Then, reach to the other side and hold the stretch.

Reps: 3 Hold: 30"

**2 Upper trunk rotation in all fours**



Start on all fours and place one hand behind your head. Lift the elbow up and behind while you rotate at the thoracic region. Gently come back to the starting position and repeat.

Reps: 10 Hold: 3"

**3 T-Spine extension/rotation**



Lie on your side with your bottom leg straight and your top leg bent and on a support to keep your pelvis levelled. Place your hands together in front of your chest. Keep your bottom arm on the floor, while your other arm reaches overhead and stays along the floor in a circular motion until it reaches the back. Return slowly to the starting position following the same pattern on the way back.

Sets: 3 Hold: 20"

**4 Stretching piriformis**



Lie on your back and have one leg bent. Place the ankle of the opposite leg over the knee in a figure 4 position. Using both hands, grab the ankle and the back of the knee. Pull the knee towards your chest gently until you feel a gentle stretch at the buttock of the elevated leg. Maintain the stretch for the recommended time.

Reps: 3 Hold: 20"

**5 Nerve Glides**



Start out lying on your back with the symptomatic leg resting on a ball. Slowly straighten your knee and bring your toes towards your nose until you feel a stretch along the back of your leg. Then point your toes down to reduce stretch.

Reps: 25

## 6 Half Kneeling with Rotation



Kneel down with one knee on the pad and the other leg up as pictured. The hip, knee, and ankle should all be in line. The foot on the ground should point straight forward. With your hands behind your head, rotate toward the up leg, maintaining a tall posture and keeping the hip, knee, and ankle in line. Hold this stretch.

Reps: 10 Hold: 5-10"

## 7 Passive hip flexion



Stand in front of a chair and place the foot of the injured leg on the chair. Bring your weight forward as you bend your hip as far as you can. Maintain the stretch and return to the initial position.

Sets: 3 Hold: 20"

## 8 Seated calf stretching



Sit on a chair and wrap a towel around the ball of your foot. Keep your back straight and pull on the towel to bring the top of the foot toward the front of your shinbone until you feel a stretching sensation.

Sets: 3 Hold: 20"