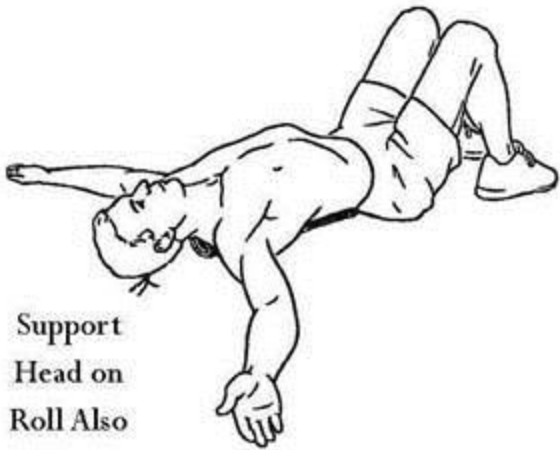
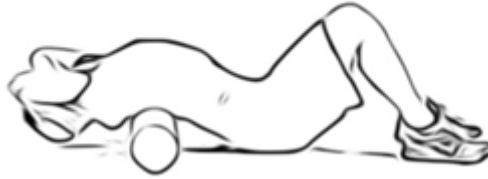




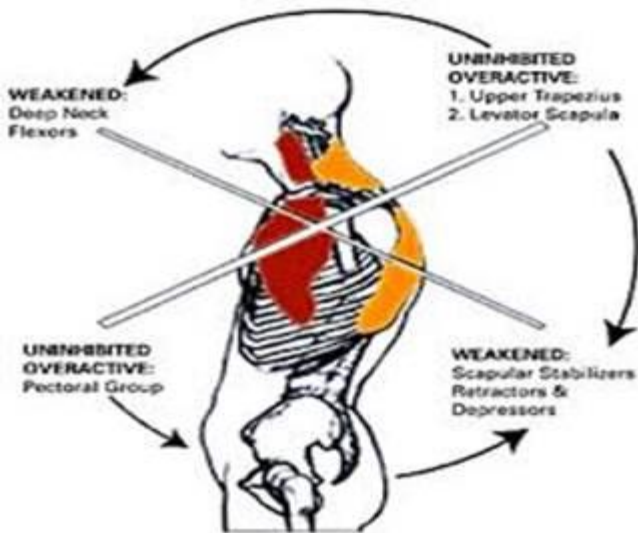
In the starting position, place your hand behind you diagonally and rotate your head 45 degrees. Bring your head down toward your left knee without hunching over.



Resist by pressing your head into your hand.



Support  
Head on  
Roll Also





Pectoralis muscle stretch



EverestTherapeutics.com

### Elbow-out Rotator Stretch

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward.

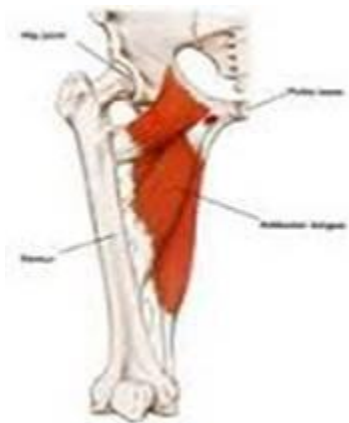


swell



hip flexors

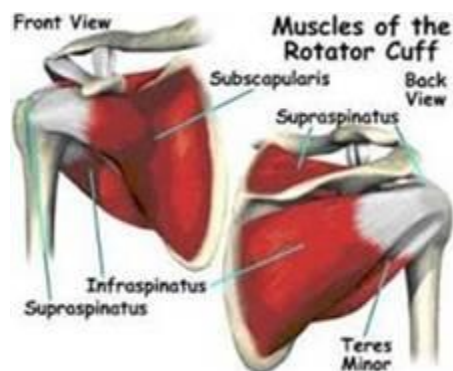


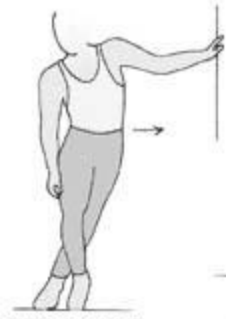


this is a good stretch for several muscles ..... TFL / ITB as well as QL in lower back (although some caution here if back is weak / injured) If you reach overhead with the top arm it also stretches lats as well. On the side or end of a table so that gravity does the work.



Figure 5. Start with your arms at 135° relative to your body and place your hands on the back of your head (A), then squeeze your shoulder blades and lift your arms off the table (B).





Side-leaning



TFL / ITB



hamstrings &

**Achilles stretch**



Stand on a step as shown. Slowly let your heels down over the edge of the step as you relax your calf muscles. Hold the stretch for about 15 to 20 seconds, then tighten your calf muscle a little to bring your heel back up to the level of the step. Repeat 4 times.



calves

**Sacroiliac Pain Rehabilitation Exercises**



Hamstring stretch on wall



Quadriceps stretch



Hip adductor stretch



Isometric hip adduction



Gluteal sets



Single knee to chest stretch



Lower trunk rotation



Resisted hip extension



Double knee to chest

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