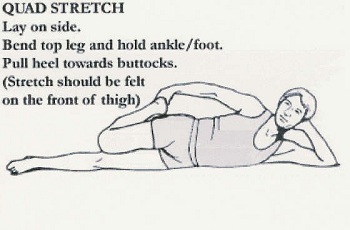
Groin or inner thigh stretches

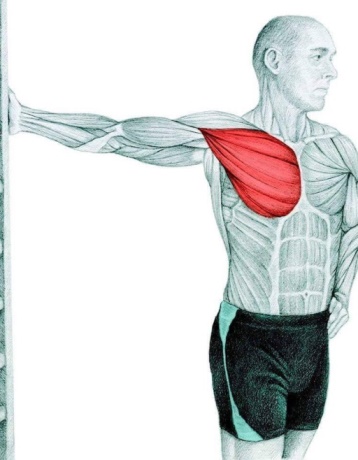
 

You are not required to go this deep An alternative for this one is to push up for 5 seconds then

Increase the stretch; repeat 3-5 times

Hamstring: turn toe in & out to get all 3 hams Draw bottom knee to chest to increase stretch

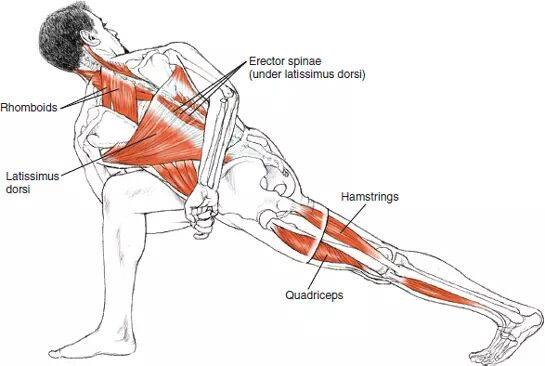
   

Wrist: straight fingers , also do individual fingers and a fist Pecs or chest muscles

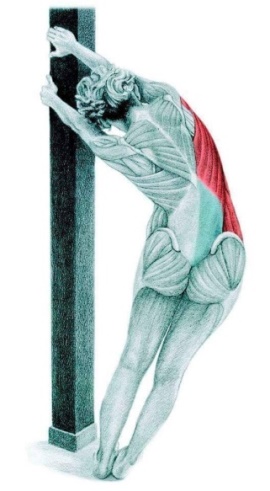
  

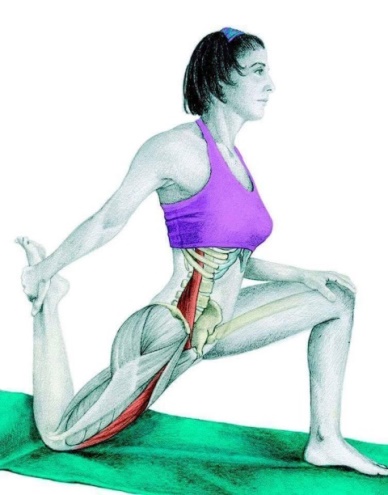
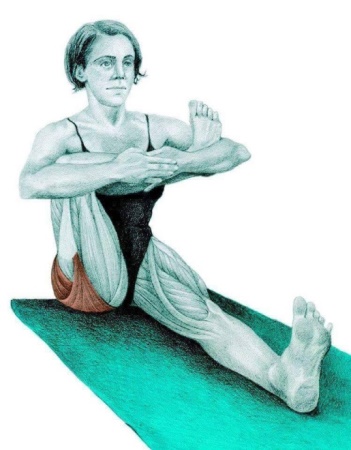
Deltoid Tricep

If you can’t reach use a towel between fingers

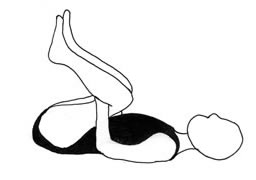


Hip Flexor: only grasp ankle if stretch isnt deep enough Piriformis: this can also be done laying

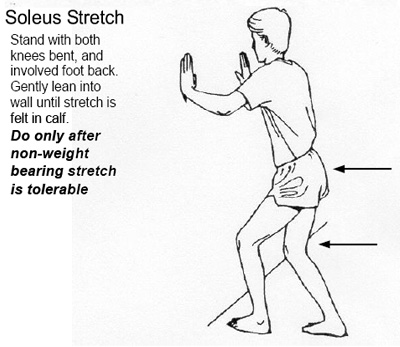
down & drawing the other leg up for support

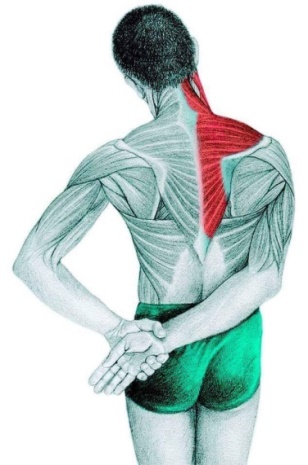
 

Calf Stretches : also hold each stretch 20-30 seconds ; this first picture be sure to add in pushing the front knee toward the wall to stretch the soleus muscle that is underneath the Gatrocnemeus. This muscle (soleus) requires flexion to strengthen and stretch and is often missed.

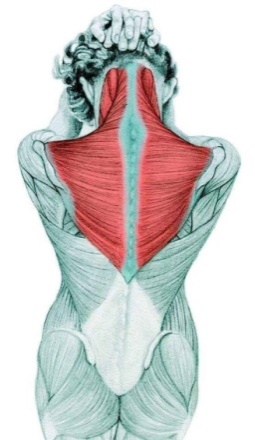


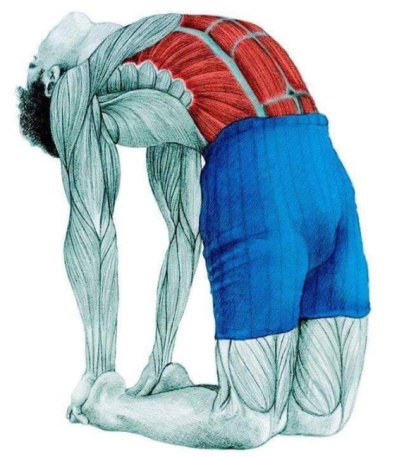
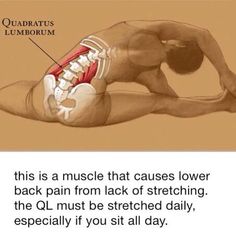
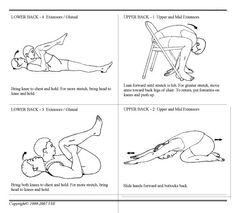
 

Turn head 45 degrees and pull ear back rotate or turn head toward the shoulder blade; placing the hand on the collar bone can help increase the stretch

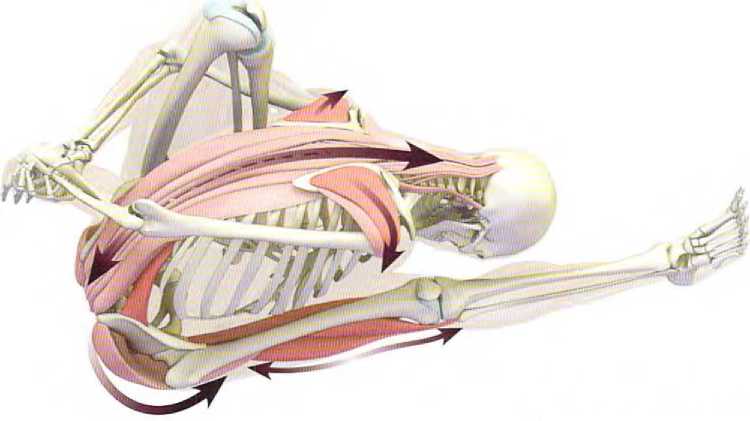
Ear to shoulder



Rotator cuff muscle: subscapularis



Infraspinatus and teres muscles