



Alphabet Wrist

Seated with forearm resting on edge of table or armrest.

Move wrist so as to draw the letters of the alphabet.

Try figure 8's and side lying 'lazy' 8's in both directions.

Sets:	
Reps:	8-10
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wrist Flexors - Elbow Extended

Sitting with arm straight out in front, fingers pointed up to ceiling.

Grasp fingers with opposite hand and gently bend wrist back.

To improve wrist flexor flexibility.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Wrist Extensors - Elbow Extended

Sitting with arm straight out in front, fingers pointed down to floor.

Grasp palm with opposite hand and gently bend wrist down as far as comfortable.

To improve wrist extensor flexibility.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Shoulder 'Apleys' - Towel

Holding a towel or stick in one hand, reach that hand behind the head and place it down the back. With the opposite hand behind the lower back, grasp other end of towel and try to walk hands together. Hold where comfortable and breath.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	
2 x/day	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:

Use your golf club behind your back.



'Blown Palm' - Standing

Standing tall, place both hands straight up over head with palms together. Breath in and bend straight sideways. Hold, breath and return to upright. Repeat, bending to the opposite side.

Sets:	
Reps:	6x
Weight:	
Hold:	10 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Hip Flexors / High Lunge

Standing feet shoulder width apart and toes pointed forward. Step one foot forward into a lunge position staying up on the toe of the back foot. Keeping upper body upright and pelvis square, attempt to straighten the back knee to feel a stretch in the front of the thigh and hip.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Gastrocs - Step

Standing tall with ball of foot on edge of stair or block.
Drop heel over edge to feel stretch in the calf.

To improve flexibility at the ankle joint.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Quads Standing

Standing tall, raise one heel toward buttocks (grasp above ankle joint).
Pelvic tilt and squeeze buttocks to extend hip back slightly to feel a stretch in the front of the thigh.

Can support body with hands on a chair, to avoid bending forward.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Adductors - Wall Splits

Lying on back with buttocks up against wall and legs up the wall.
Allow legs to drop out sideways along wall into a splits position.
Keep toes pulled back feel a stretch in the inner thigh.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Lumbar Extension - Ball

Lying on back over gym ball with head supported on ball.
Hang hands overhead and/or out to the sides and let spine relax and conform to the ball.
Slowly roll back and forth to get the full length of your spine relaxed.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Lumbar Extension - Standing

Standing tall, support upper body by placing hands on back of pelvis.
Squeeze buttocks and slowly arch backwards.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Fig.4 Knee to Chest - Supine

Lying on back, knees bent with feet flat on the floor.
Cross one ankle onto opposite knee.
Bring the knee (that is under the ankle) straight up towards the same side shoulder to feel a stretch in the buttocks.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Erector Spinae - Standing Rot.

Standing tall about 2 feet from a wall with back to the wall.

Rotate upper body around and try to place hands on wall behind.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



QL Side Lying

Lying square on side.

Push upper body up keeping hip on the floor to feel a stretch in the down side.

Avoid rotating the upper body.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



TFL - Standing

Stand approximately 2 feet from a wall with one hip facing the wall (or chair for support).

Cross foot furthest from wall over in front of opposite foot.

Bend the knee of the leg that is in front, and slightly bend the back leg.

Try to keep both feet flat on the floor.

Lean hip into wall, and lean upper body away to feel a stretch in the side of the hip closest to the wall.

Sets:	
Reps:	2x
Weight:	
Hold:	20 sec
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Posterior Capsule Stretch

On your side with arm out so that shoulder is aligned with elbow bring forearm up to a 90 degree angle. With opposite arm push wrist down to floor. Lean upper body toward floor until stretch is felt.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Front Lunge with a twist

Keep back straight and chest out. Lunge forward and twist upper body in the direction of the front leg.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes:



Adductors - Standing Side Lunge

Standing, toes pointed forward, step out sideways into a side lunge position. Bend upper body forwards, keeping back flat and stabilizing upper body with hands on floor or by holding a chair. Shift weight from side to side, holding each way, to feel a stretch in the inner thigh and groin area.

Sets:	
Reps:	
Weight:	
Hold:	
Rest:	

- 1 2 3 4 5 6 7
- 8 9 10 11 12 13 14
- 15 16 17 18 19 20 21
- 22 23 24 25 26 27 28
- 29 30 31

Notes: