

## Stick Stretches:

### Wrists:

1. Wrist Extension with Stick:
  - Begin on your hands and knees with stick in front of you.
  - Place fingers on stick with fingers pointing toward you.
  - Keep elbows straight and walk knees backward until you feel a good stretch.
  - Sit onto your heels, stretching further.
  - Make sure your elbows are not hyperextended!!!!
  - Now do the same thing with your elbows bent.



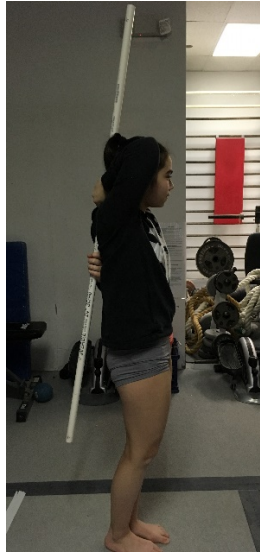
### Shoulders:

2. Lat Stretch:
  - Use a stick and a block for this stretch.
  - Kneel in front of a block and place your elbows on the block.
  - Hold the stick with palms down and bend your elbows to 90 degrees.
  - Push your chest through your arms stretching your shoulders.
  - If you have a partner ask them to assist by pushing your shoulders further.



### 3. Shoulder Internal/External Rotation:

- Place a stick behind your back holding one end behind your head and the other behind your low back. (thumbs facing each other)
- Bring thumbs as close to each other as you can.
- Now push your upper elbow backward and your lower elbow forward.
- Switch to the other side.



### 4. Shoulder/Thoracic Extension:

- Place stick behind your back and clasp with both hands.
- Open shoulders and push chest forward.
- Now lift arms upward behind you.



## Hips:

### 6. Hamstring Stretch:

- Sit in a long sitting position.
- Sit “tall” and push your “sit bones” behind you so that you are slightly arched.
- Place stick behind your back.
- Keeping your chest out lean forward over your legs.
- Don’t bend your knees!!
- Progress to placing a stick under your heels and completing the same process.



### 7. Hip Stretch:

- Sit in cross-legged position and place stick in front of you.
- Roll stick forward as far as you can while keeping your “sit bones” on the ground.
- Now switch legs to be crossed in opposite direction and repeat.



## Ankles:

Place stick under the ball of your foot and do three squats – Notice your mobility blocks.

### 8. “Stick-It” Stretch:

- Place the ball of your foot on a stick.
- Squat down as far as you can making sure your knees are in a good alignment and not pinching inward.



### 9. Ankle Joint Mobilization:

- Place ball of your foot on the stick.
- Keeping your knee in a good alignment bring knee as far over your ankle as possible. Remember that this stretch is felt in the joint not the muscle.



## Trunk Stretches:

### 10. Side Stretch:

- Sit on your knees and place stick next to your side.
- Hold stick as high up as you can.
- Slide to side sitting while reaching upward with your hand. Keep hip on the floor.
- Repeat on the other side.



### 11. Trunk Twist:

- Sit on your knees.
- Place stick behind your back.
- Keeping your hips facing forward rotate your trunk as far as you can to one side.
- Switch to the other side.

