



Figure 1 self mobilization

Figure 2 gastroc stretch

Figure 3 soleus stretch

Figure 4 leg tibialis posterior



Figure 5 hamstring

Figure 6 hamstring

Figure 7 lateral hamstring

Figure 8 hamstring

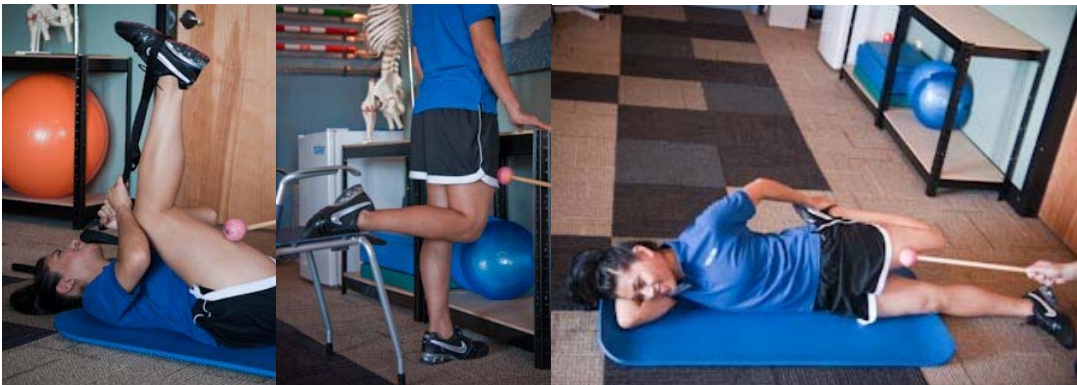


Figure 09 proximal hamstring

Figure 10 rectus femoris

Figure 11 rectus femoris/quadriceps

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Figure 12 iliotibial band



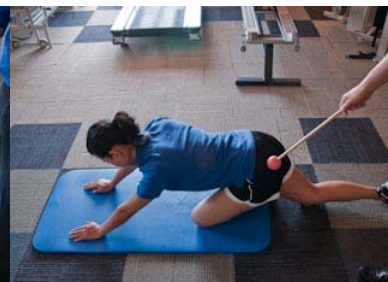
Figure 13 rectus femoris



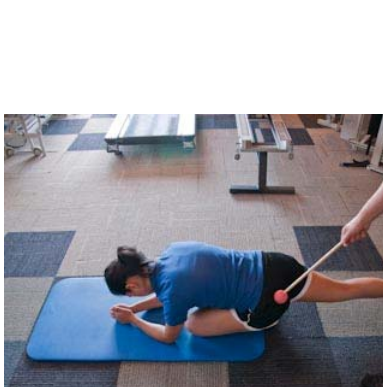
Figure 14 piriformis step one



piriformis step two



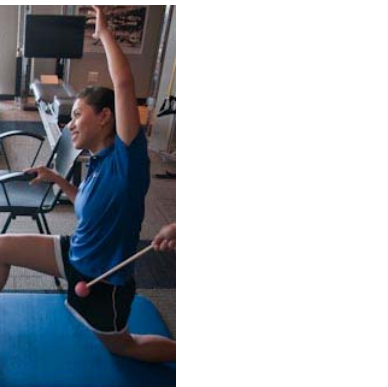
piriformis step three



Piriformis step four



Figure15 psoas step one



psoas step two

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Figure 16 psoas in standing psoas step two

Figure 17 gluteus maximus



Figure 18 cat and camel step one

step two



Step three

step four shift backward

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step five shift forward

step six arms to side

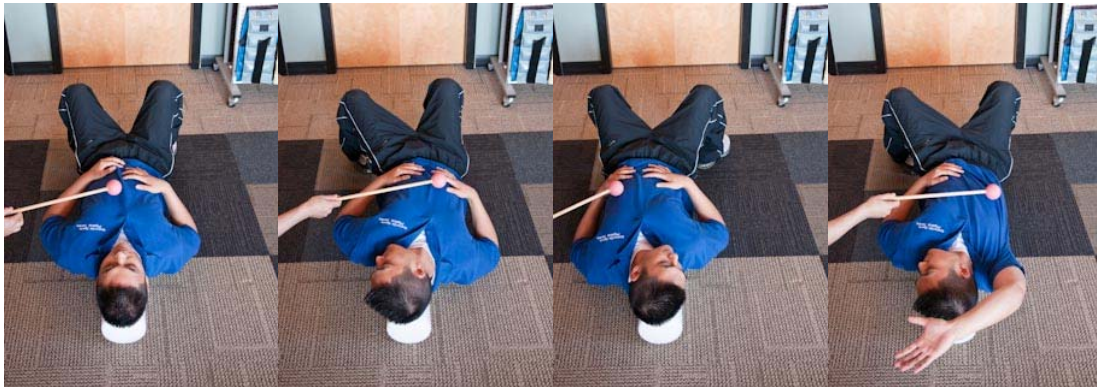


Figure 19 foam roll spine

step two

step three

step four



Figure20 thoracic extension

part two

part three

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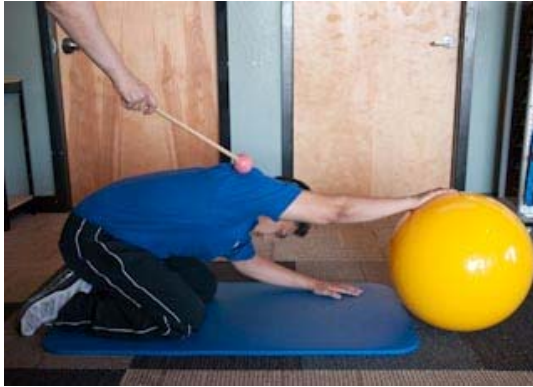


Figure 21 shoulder flexion



Figure 22 pec major



Figure 23 pec major part two



Figure 24 pec minor



Figure 25 pec minor part two



Figure 26 shoulder external rotation

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Figure 27 shoulder internal rotation

Figure 28 shoulder external rotation



Figure 29 hand behind back

step two

Figure 30 shoulder flexion

Figure 31 shoulder scaption



Figure 32 shoulder abduction Figure 33 horizontal adduction

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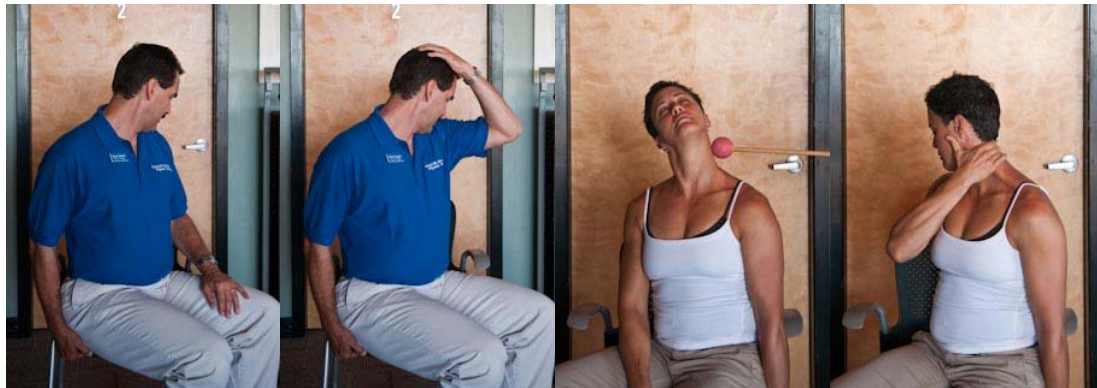


neck rotation

step two

step three

levator scapulae

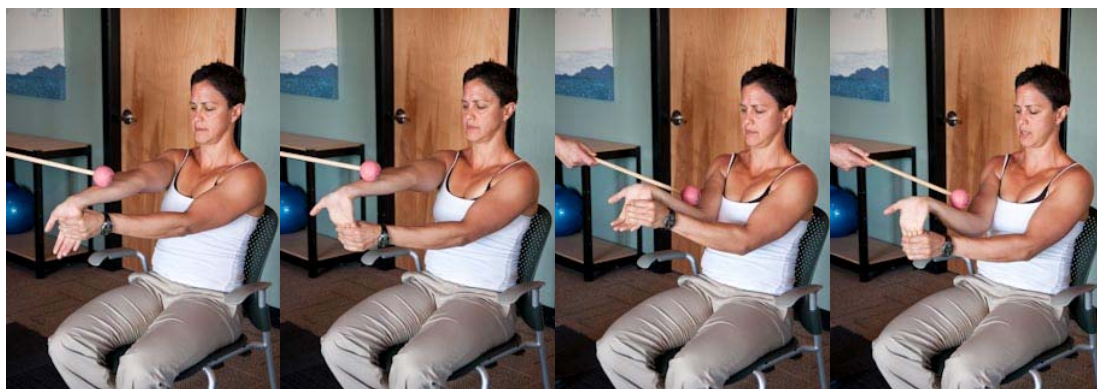


Step two

step three

upper trapezius

neck rotation



Hand stretch sequence

two

three

four

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Hand stretch five

hand stretch six

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