

### Standing Psoas Stretch

Stand with your feet spread out with one leg in the front with the knee slightly bent and one leg in the back with a straighter knee. The leg that is in the back is the side that is being stretched. Then, take the back foot and point the toes inward in the direction of the front foot (angle shown in the picture). While standing up straight, tilt the pelvis back in order to feel a more intense stretch in the front of the hip/hip flexor region.

**Repeat** 3 Times  
**Hold** 30 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

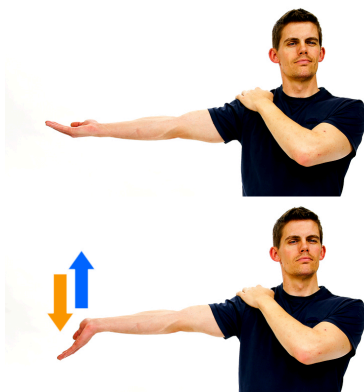


### ULNAR NERVE - MASK

Start by touching your thumb and index finger together and shown. Next, twist your hand upside down so that your fingers make contact with your cheek and you can see through the hole that your fingers created.

**Repeat** 5 Times  
**Hold** 3 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

Video # XVVJSXAYZ



### MEDIAN NERVE GLIDE - C

Start with your arm out to the side with your elbows straight and palm facing upward. Next, bend your wrist up and down.

Your other hand should be checking to make sure that your shoulder stays down and drawn back the entire time.

**Repeat** 5 Times  
**Hold** 3 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day

Video # XVPWMER5J



### UPPER TRAP STRETCH - HAND BEHIND BACK

Place your arm behind your back. Next, tilt your head to the side. Hold for a stretch. Return to original position and then repeat.

Video # XV32SDMRH

**Repeat** 3 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



### Slump Nerve Glide

Start in sitting with arms behind back and slumped in poor posture. Slowly straighten one knee with toes up towards ceiling until you feel a stretch in the back of the thigh. (alt position: you can also scoot forward and rest your heel on the floor instead of holding leg up)

Once stretch is felt, alternate "flossing" the nerve by either moving head up and down, while leg/foot are in fixed position. Or move ankle/foot up/down while neck is in fixed position.

**Repeat** 10 Times  
**Hold** 3 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day



### Thoracic Extension with Foam Roller

Lie on your back with foam roller/towel at mid rib cage level. Place your hands behind your head with your elbow towards the ceiling. Drop your shoulders back over the roller without your low back coming off the ground. Gently lower your shoulders back until you feel your back arching over the foam roller. Don't hyperextend your neck!

**Repeat** 5 Times  
**Hold** 10 Seconds  
**Complete** 1 Set  
**Perform** 2 Times a Day