

Stretching



Shoulder flexion



Shoulder abduction



Elbow extension



Wrist extension



Finger extension



Hip extension



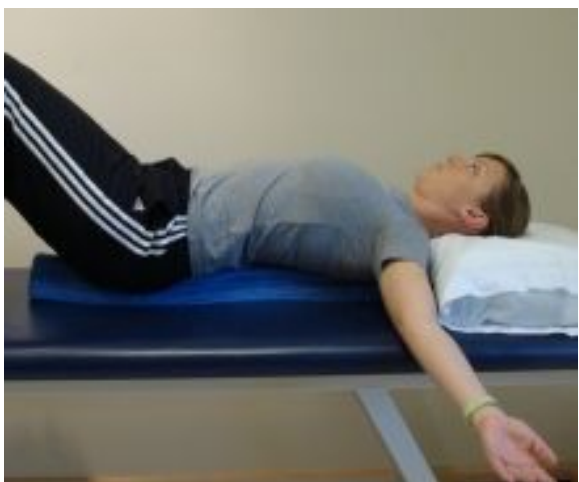
Hip flexion



Knee extension



Ankle dorsiflexion



Chest stretch: Lying over foam roll or towel roll running vertically up spine, let arms hang out to sides feeling a stretch across the chest.