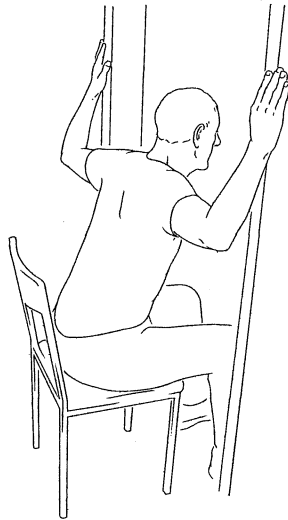


**STRETCHING - 1 CHEST: Doorway, Bilateral – Sitting**

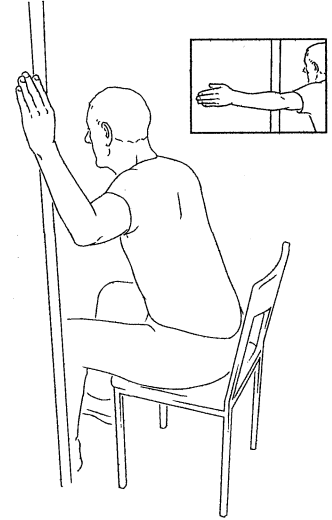
Sitting in doorway, place hands on wall with elbows bent at shoulder height. Lean forward. Hold \_\_\_\_\_ seconds.



\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

**STRETCHING - 3 CHEST: Doorway, Unilateral – Sitting**

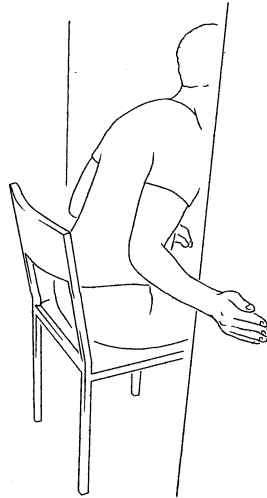
Sitting in doorway, place one hand on wall with elbow bent at shoulder height. Lean forward. Hold \_\_\_\_\_ seconds.



\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

**STRETCHING - 13 SHOULDER: External Rotation**

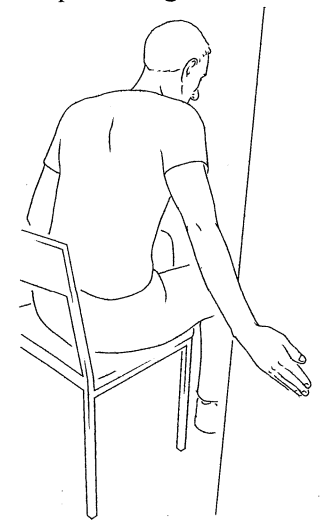
Sitting in doorway, place hand against wall. Keep elbow close to body. Lean forward. Hold \_\_\_\_\_ seconds.



\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

**STRETCHING - 15 ELBOW: Biceps – Sitting**

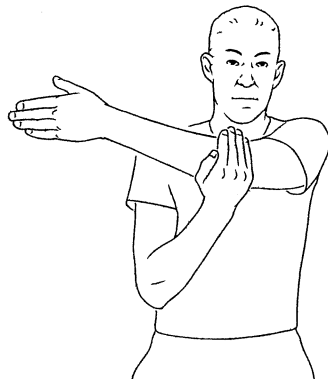
Sitting in doorway, place one hand on wall, elbow straight. Lean forward. Hold \_\_\_\_\_ seconds.



\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

**STRETCHING - 7 SHOULDER: Posterior Capsule**

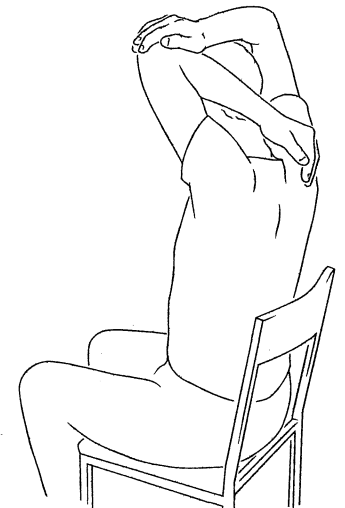
Place hand over elbow. Stretch arm across body. Hold \_\_\_\_\_ seconds.



\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

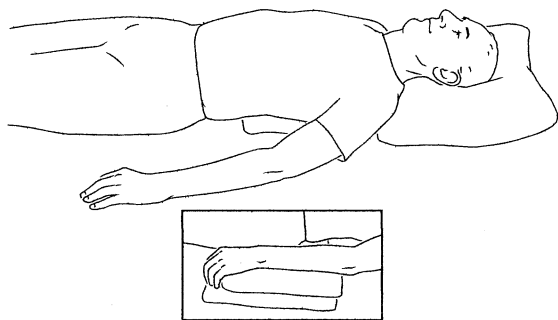
**STRETCHING - 8 SHOULDER: Inferior Capsule**

Raise elbow above head. Gently press down on elbow with other hand. Hold \_\_\_\_\_ seconds.



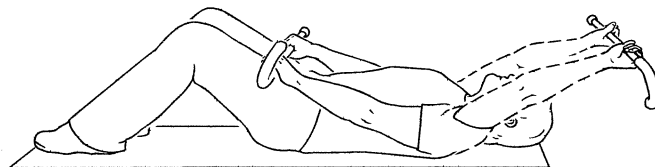
\_\_\_\_\_ reps per set,  
 \_\_\_\_\_ sets per day,  
 \_\_\_\_\_ days per week

**STRETCHING - 6 CHEST: Towel Stretch**



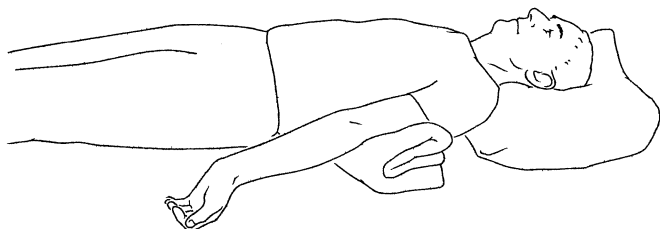
Lie over folded towel under middle of upper back.  
 Relax shoulders. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week  
 \_\_\_ Support arms/shoulders with pillows.  
 \_\_\_ Increase thickness of towel to increase stretch.

**STRETCHING - 9 SHOULDER: Flexion – Supine (Cane)**



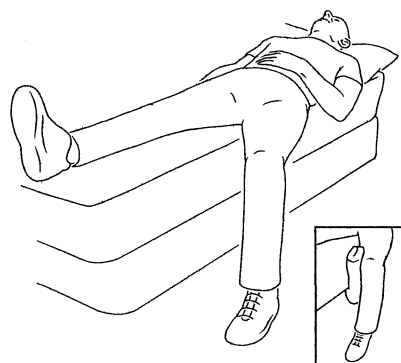
Hold cane in both hands. Raise arms up overhead.  
 Do not allow back to arch. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**STRETCHING - 14 ELBOW: Biceps – Supine**



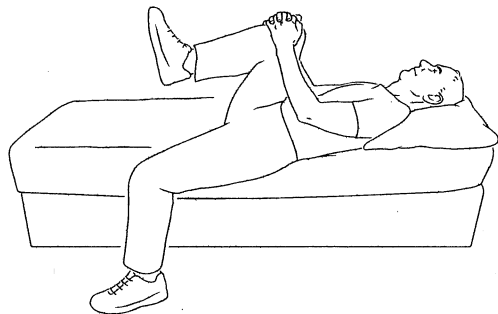
Lie with folded towel or pillow above elbow, arm slightly  
 away from body, palm up. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

**STRETCHING - 26 HIP: Adductors**



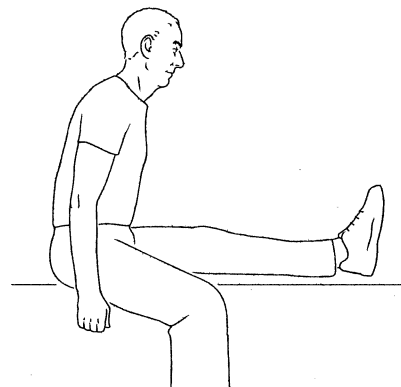
Lie on edge of surface. Place leg off surface.  
 Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week  
 \_\_\_ Place bolster or pillow between knee and bed.

**STRETCHING - 28 HIP: Flexors – Supine**



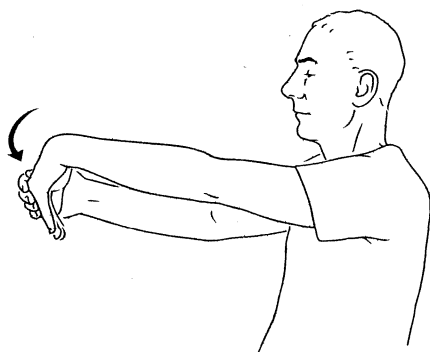
Lie on edge of surface. Place leg off the surface,  
 allow knee to bend. Bring other knee toward chest.  
 Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week  
 \_\_\_ Rest lowered foot on stool.

**STRETCHING - 32 HIP: Hamstrings – Long Sitting**



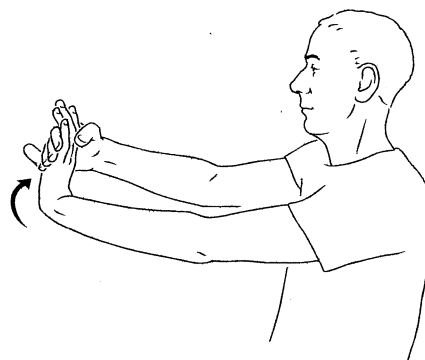
Place one leg on surface with knee straight. Lean forward  
 keeping back straight. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

STRETCHING - 17 WRIST: Extensors



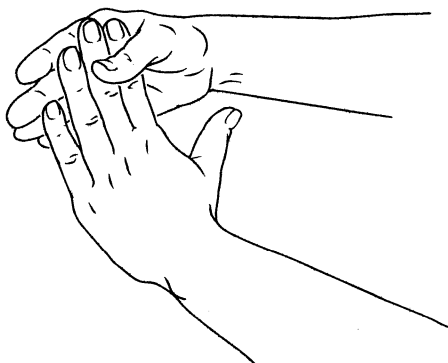
Hold arm out in front of body. Elbow straight, palm down. Use opposite hand to bend wrist down until gentle stretch is felt on top of arm. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

STRETCHING - 19 WRIST: Flexors



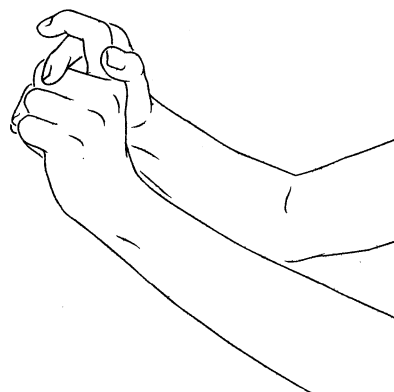
Hold arm out in front of body. Elbow straight, palm down. Use opposite hand to bend wrist up until gentle stretch is felt under arm. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

STRETCHING - 20 FINGERS: Extension



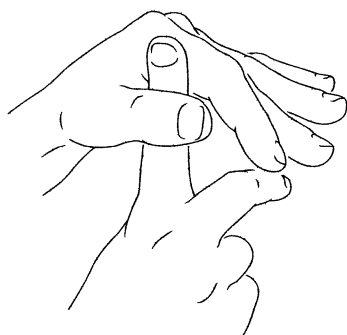
Use opposite hand to straighten fingers. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

STRETCHING - 21 FINGERS: MP Extension



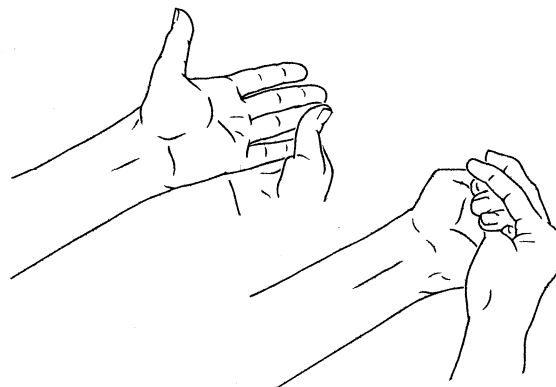
Use opposite hand to gently move each finger back at knuckle. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

STRETCHING - 22 FINGERS: DIP Extension



Use opposite hand to gently move each finger back above knuckle. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

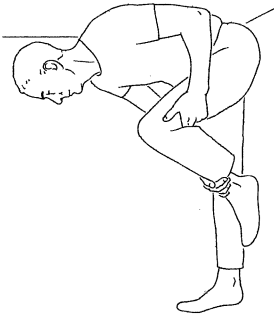
STRETCHING - 24 FINGERS: Flexion



Use opposite hand to bend fingers into a fist. Hold \_\_\_\_ seconds.  
 \_\_\_\_ reps per set, \_\_\_\_ sets per day, \_\_\_\_ days per week

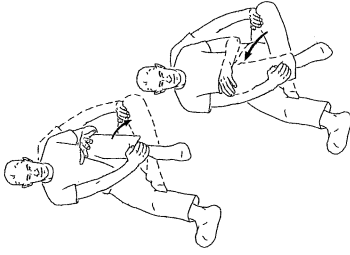
# Stretching (self)

STRETCHING - 51 SCI SELF STRETCH  
Hip / Knee: Flexion



Bring knee toward chest. Hold \_\_\_\_\_ seconds.  
\_\_\_\_\_ reps per set, \_\_\_\_\_ sets per day, \_\_\_\_\_ days per week

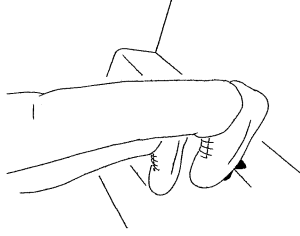
STRETCHING - 52 SCI SELF STRETCH  
Hip Internal / External Rotation



Bend hip and knee.  
Roll knee away from body, then across body.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week

STRETCHING - 39 ANKLE: Dorsiflexion, Step Unilateral



Stand on step, hang one heel off back of step.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week  
\_\_\_\_\_ Hold onto a support.

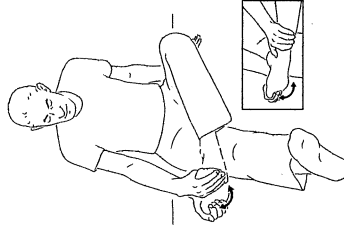
STRETCHING - 43 TOES: Self Stretch



Cross leg over knee.  
Stretch toes toward body with hand.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week

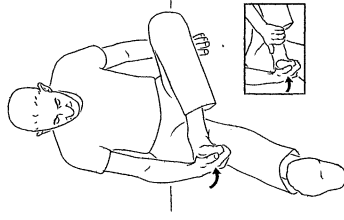
STRETCHING - 55 SCI SELF STRETCH  
Toe Flexion / Extension



Bend hip and knee.  
Stretch toes forward.  
Hold \_\_\_\_\_ seconds.  
Repeat backward.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week  
\_\_\_\_\_ Place other hand on lower leg.

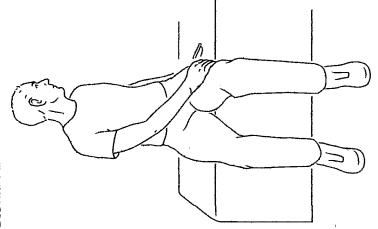
STRETCHING - 54 SCI SELF STRETCH  
Ankle Dorsiflexion



Bend hip and knee,  
stretch foot forward.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week  
\_\_\_\_\_ Place other hand on lower leg.

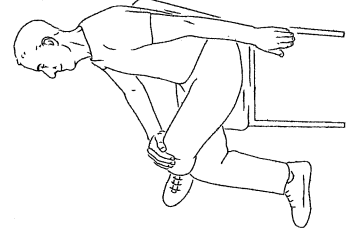
STRETCHING - 25 TRUNK: Rotation



Sit with upright posture.  
Rotate body until gentle resistance is felt.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week  
\_\_\_\_\_ Repeat to other side.

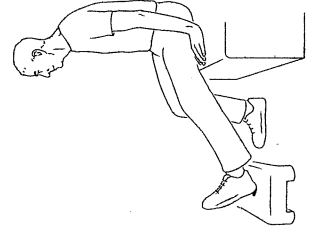
STRETCHING - 27 HIP: External Rotation



Sit at edge of surface.  
Cross one leg over other knee. Press down gently on knee.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week

STRETCHING - 31 HIP: Hamstrings - Short Sitting



Rest leg on raised surface.  
Keep knee straight.  
Lift chest.  
Hold \_\_\_\_\_ seconds.

\_\_\_\_\_ reps per set,  
\_\_\_\_\_ sets per day,  
\_\_\_\_\_ days per week