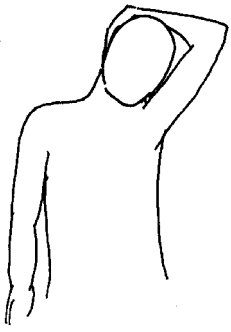
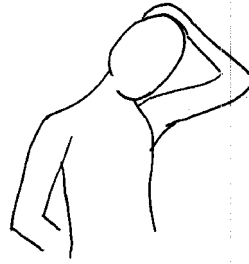


Upper Traps



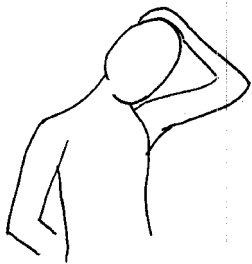
- Ensure you are standing or sitting in an upright posture
- Gently draw shoulder blades down and back
- Place left hand on right side of head
- Let your right arm drop down by your right side
- Exhale and slowly pull your left ear down towards left shoulder until slight resistance is felt
- Breathe and relax
- Hold for 45-60 secs

Levator Scap



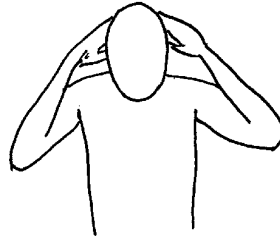
- Ensure you are standing or sitting in an upright posture
- Gently draw shoulder blades down and back
- Place left hand on back of right side of head
- Let your right arm drop down by your right side
- Exhale and slowly pull your head down towards left armpit until slight resistance is felt
- Breathe and relax
- Hold for 45-60 secs

Scalenes



- Stand or sit in an upright posture
- Gently draw shoulder blades down and back
- Place left hand on right side of head
- Let your right arm drop down by your right side
- Exhale and slowly pull left ear towards left shoulder until a slight resistance is felt
- Turn your head to the left and look slightly over left shoulder
- Breathe and relax
- Hold for 45-60 secs

Cervical Extensors



- Stand or sit in an upright posture
- Place your hands behind your head and gently curl your chin to your chest
- Exhale and gently pull chin further towards your chest
- Breathe and relax
- Hold for 45-60 secs

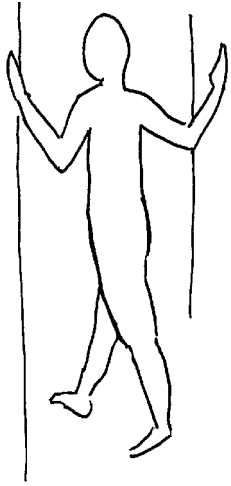


No More Knots
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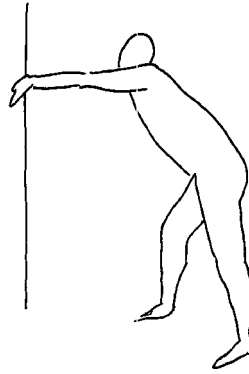
We'll straighten things out!

Pecs



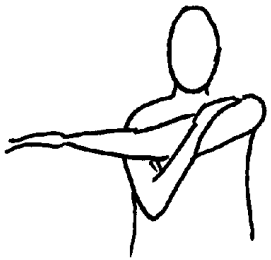
- Stand in doorway with fore-arms resting on door frame
- Ensure your chin is slightly tucked and your shoulder blades are drawn slightly back
- Brace gently through your abdominals
- Step one leg through doorway and lean gently forward
- Breathe and relax
- Hold for 45-60 secs

Lats



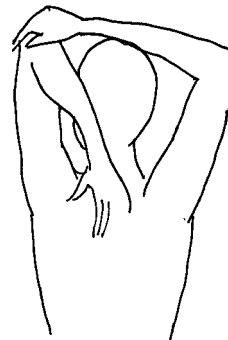
- Stand an arm length away from a pole or doorway
- Feet are hip width apart and knees slightly bent
- Grab hold of pole with left hand, palm turned outwards (thumb pointing down), while shifting weight onto heels
- Lean bottom to the left to create a C curve in the spine (stick bottom out as opposed to tucking it)
- Bend left knee and shift more weight onto left leg to increase stretch
- Breathe and relax
- Hold for 45-60 secs

Rhomboids



- Bring left arm across front of body
- Hold left elbow tight to body with right arm and gently pull arm across chest, until gentle stretch is felt
- Breathe and relax
- Hold for 45-60 secs

Teres



- Place right arm over and behind head with elbow bent
- Grasp right elbow with left hand and pull gently, until slight stretch is felt
- Lean torso slightly to the left to increase stretch
- Breathe and relax
- Hold for 45-60 secs

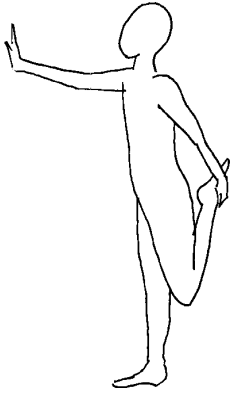


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Quads



Standing:

- Holding on to something for balance, take your heel towards your bottom, keeping your knees together and back

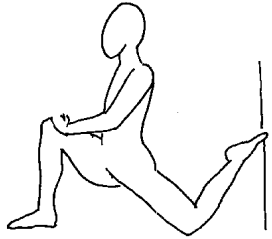
Lying:

- Begin lying on your stomach
- Take your heel towards your bottom, keeping knees together and back straight

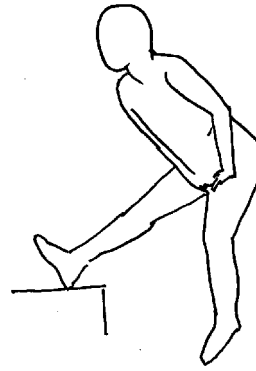


Lunge Position (advanced):

- Begin in the lunge position with foot resting on a chair or held with hand
- Keep your back straight and glutes contracted until you feel a stretch in the front of your thigh
- Hold for 45-60 secs



Hamstrings

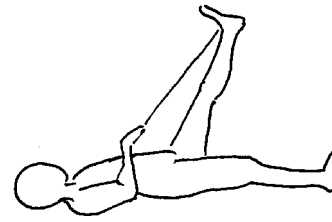


Standing:

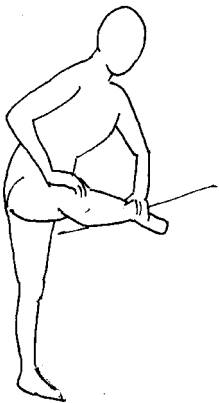
- Place heel of foot on a step or chair
- Keeping your knee straight, hips square and back straight, lean forward from your hips until you feel a gentle stretch in the back of your thigh

Lying:

- Begin lying on your back with a stretch band or rolled towel wrapped around ball of feet
- Use hands to pull on towel/band as leg lifts into air
- Keep knee straight
- Breathe and relax
- Hold for 45-60 secs



Glutes



Standing:

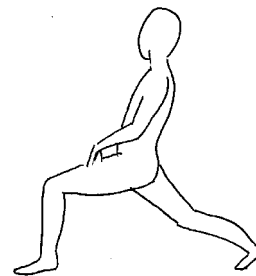
- Begin standing in front of a bench or table at approximately hip height
- Place one leg on bench with knee bent to 90°
- Gently lower your upper body over bent leg, keeping your back straight

Lying:

- Begin lying on your back with knees bent
- Place your right ankle on left knee and use hands to reach through your legs, taking hold of left knee
- Pull left knee towards your chest, using right elbow to gently push on bent right knee
- Hold for 45-60 secs



Hip Flexors



- Begin in the lunge position, with one leg stretched behind you
- Keeping your back straight and your glutes contracted, gently lunge forward until you feel a stretch in the front of your hip
- Keeping your arm straight, slowly raise arm on the side that is being stretched above your head
- Breathe and relax
- Hold for 45-60 secs

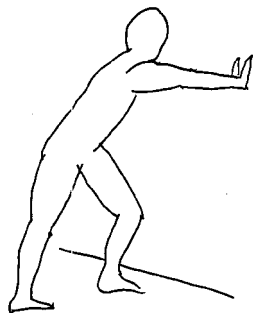


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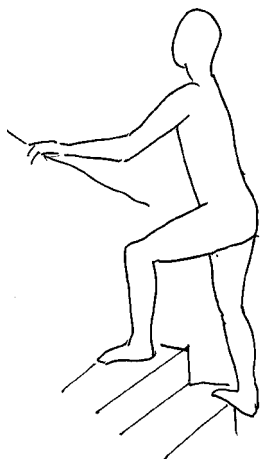
We'll straighten things out!

Calf (Gastroc)



Wall:

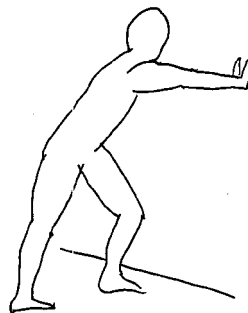
- Begin with your hands against a wall, arms out straight, and the leg to be stretched behind you
- Keep your knee straight, heel on the ground and feet pointing forward
- Gently lunge forward until you feel a stretch in the back of your calf



Step:

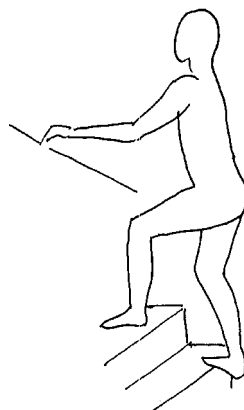
- Begin with one heel over the edge of a step
- Hold onto a rail for balance
- Keep your knee straight and slowly let your heel drop down below the step until you feel a stretch in the back of your calf
- Hold for 45-60 secs

Calf (Soleus)



Wall:

- Begin with your hands against a wall, arms straight, and the leg to be stretched behind you
- Keep your front heel down and move your knee forward over your toe until you feel a stretch in your lower calf/achilles



Step:

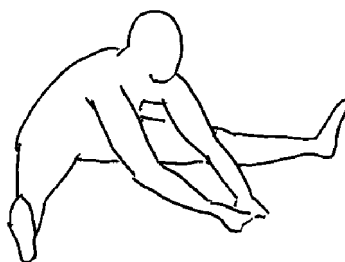
- Begin with one heel over the edge of a step
- Hold onto a rail for balance
- Bend your knee and let heel drop below step until you feel a stretch in your lower calf/achilles
- Hold for 45-60 secs

Adductors (Short)



- Begin sitting with your feet together and drawn in towards your groin
- Using your elbows, gently push your knees down towards the floor until you feel a stretch in the groin
- Increase stretch by bringing your feet closer towards your body and leaning forward with a straight back
- Breathe and relax
- Hold for 45-60 secs

Adductors (Long)



- Begin sitting with your legs as far apart as possible and your knees straight
- Keep your back straight and lean forwards from the hips
- Breathe and relax
- Hold for 45-60 secs



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