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## Seated Shoulder Circles

REPS: 10

SETS: 1



### Setup

Begin sitting upright.

### Movement

Move your arms forward, then up overhead, backward, and down. Repeat, continuing to move your arms in a circular motion.

Do 10 forward and 10 back.

### Tip

Make sure to keep your arms straight and move only within a pain free range of motion during the exercise.

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## Leg Swing Single Leg Balance

SETS: 1

REPS: 10



### Setup

Begin in a standing upright position. Lift your arms directly to your sides.

### Movement

Raise one leg off the ground and begin swinging it forward and backward.

### Tip

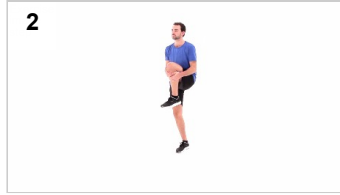
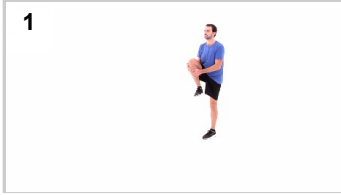
Make sure to maintain your balance and keep your back straight as you swing your leg.

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## Single Knee to Chest

REPS: 10

HOLD: 5"



### Setup

Begin standing in a long, open, and flat area.

### Movement

Lift one knee up to your chest and hug it with your arms. Hold briefly, then repeat on the other side.

### Tip

Make sure to maintain your balance during the exercise.

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## Standing Quadriceps Stretch

REPS: 2

HOLD: 15



### Setup

Begin in a standing upright position.

### Movement

Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold.

### Tip

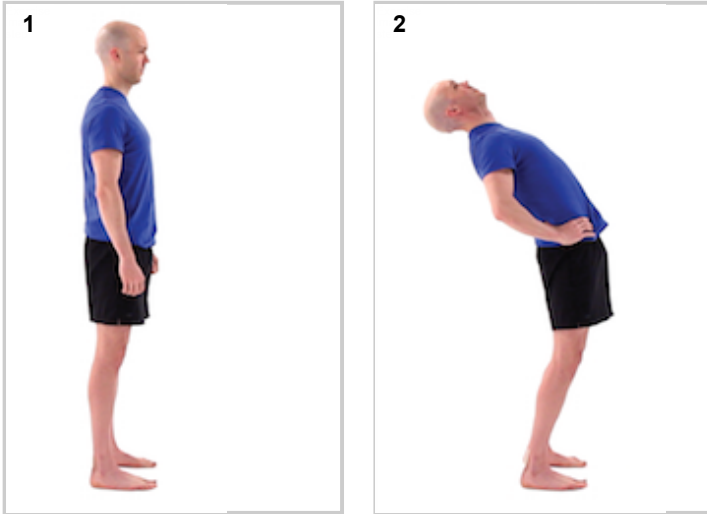
Make sure to keep your back straight and maintain your balance during the stretch.

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## Standing Lumbar Extension

REPS: 10

HOLD: 5"



### Setup

Begin in a standing upright position with your hands resting on your hips.

### Movement

Slowly arch your trunk backwards and hold.

### Tip

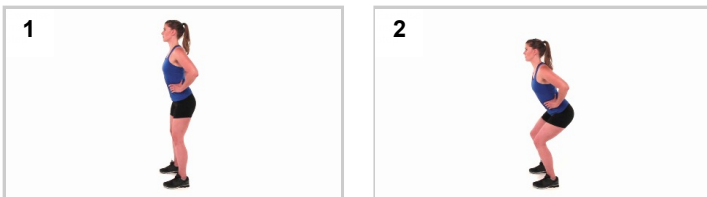
Make sure to maintain your balance during the exercise and do not bend your knees.

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## Dynamic Warm Up: Squats

REPS: 10

SETS: 1



### Setup

Begin in a standing upright position, with your feet slightly wider than shoulder width apart.

### Movement

Bend your knees and hips into a mini squat position, then straighten your legs and repeat.

### Tip

Make sure to keep your back straight and do not let your knees bend forward past your toes.

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## Standing Shoulder Posterior Capsule Stretch

REPS: 5	HOLD: 10"
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### Setup

Begin in a standing upright position.

### Movement

Raise one arm in front of your body, with your thumb pointing up. Grasp the outside of your arm with your other arm and apply a gentle pressure until you feel a stretch.

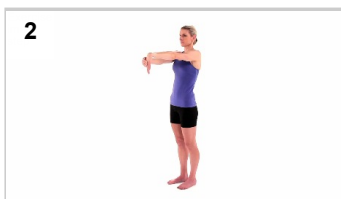
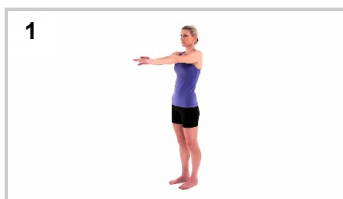
### Tip

Make sure to maintain good posture during the exercise.

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## Standing Wrist Flexion Stretch

REPS: 2	HOLD: 15"
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### Setup

Begin in a standing upright position with one arm in front of your body, palm facing the floor.

### Movement

With your other hand, bend your wrist downward until you feel a stretch.

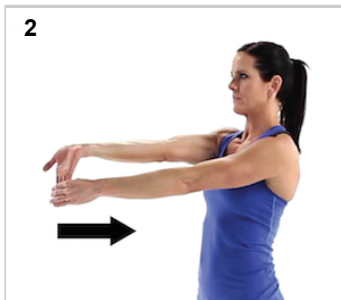
### Tip

Make sure to keep your elbow straight and try not to apply too much pressure, this should be a gentle stretch.

## Standing Wrist Extension Stretch

REPS: 2

HOLD: 15"



### Setup

Begin in a standing position with one arm in front of your body, palm facing the ceiling.

### Movement

With your other hand, apply a gentle downward pressure on your fingers, bending your wrist and keeping your elbow straight.

### Tip

You should feel a stretch in your wrist. Try not to apply too much pressure, this should be a gentle stretch.