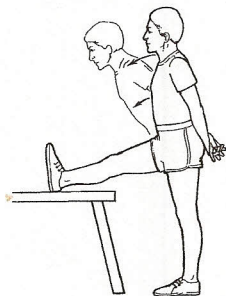


Provided for : Eric Pinkall

Provided by : Eric Pinkall, PT

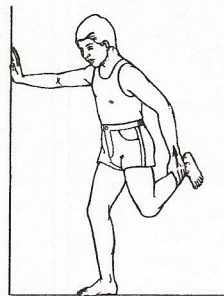
UPS exercise program, Flexibility

Date : 1/11/2011



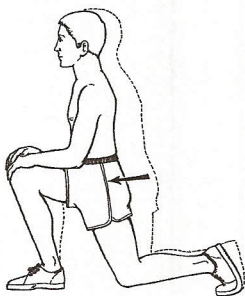
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1. Prop ____ leg on bench as shown
2. Bend forward at the hip, keeping the knee and back straight so that stretch is felt
3. Hold __30__ seconds
4. __2-3__ repetitions, __1__ times per day



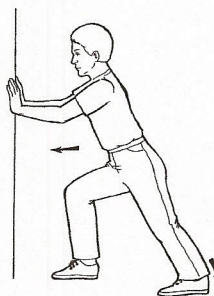
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1. Stand holding the ____ ankle as shown
2. Bend the knee upward so that you feel a stretch
3. As you bend the knee, make sure the thigh stays in line with your body as shown (don't let it point forward)
4. Hold __30__ seconds
5. __2-3__ repetitions, __1__ times per day



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1. Assume position shown, with ____ knee on the floor
2. Lean your whole body forward, keeping your chest upright
3. Hold __30__ seconds
4. __2-3__ repetitions, __1__ times per day



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1. Position your body against a wall as shown with ____ foot behind
2. Point toes directly toward wall and hold heel down
3. Lean into wall as shown so that you feel a stretch
4. Hold __30__ seconds
5. __2__ repetitions, __1__ times per day



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1. Stand grasping ____ elbow with other hand as shown
2. Pull the elbow and arm across your chest so that you feel a stretch
3. Hold __10__ seconds
4. __2__ repetitions, __1__ times per day



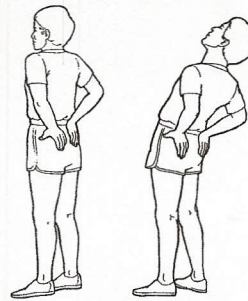
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1. Stand grasping ____ elbow with other hand as shown
2. Pull the elbow behind and toward your head so that you feel a stretch and sidebend away from the arm you are stretching
3. Hold __10__ seconds
4. __2__ repetitions, __1__ times per day



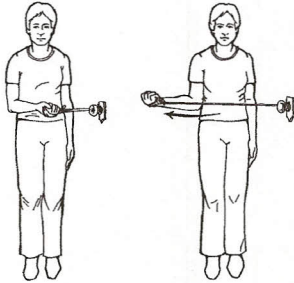
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1. Stand in a corner about 1-2 feet from wall with hands on wall as shown
2. Lean into corner so that you feel a stretch
3. Vary the stretch by moving arms higher or lower, or by standing farther away from wall
4. Hold 10 seconds
5. 3 repetitions, 1 times per day



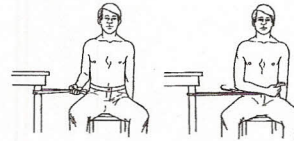
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1. Place hands firmly against hips as shown
2. Bend backward until you feel a stretch
3. Hold 5 seconds
4. 3 repetitions, 10 times per day



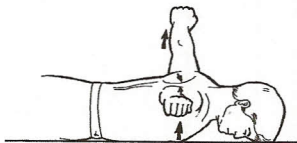
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1. Anchor rubber tubing to a solid object
2. Grasp rubber tubing in left hand as shown with towel roll under arm
3. Rotate arm outward, keeping elbow bent, with shoulder blade held down and back
4. Hold 2-3 seconds
5. 3x10 repetitions, 2 times per day



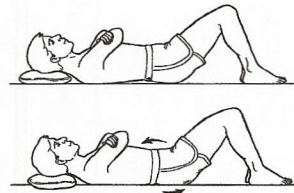
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1. Anchor rubber tubing to solid object
2. Sit or stand with arm at side, elbow bent as shown, shoulder blade held down and back
3. Rotate arm inward toward body
4. Hold 2-3 seconds and slowly relax
5. 3x10 repetitions, 2 times per day



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1. Lie on belly with arms at 90 degrees out to side
2. Pinch shoulder blades together as shown
3. Raise arms a few inches off floor
4. Hold 2 seconds and slowly lower
5. 10-30 repetitions, 1 times per day



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1. Lie on back with knees bent
2. Tighten abdominal muscles, squeeze buttock muscles and flatten back as shown
3. Hold 5 seconds maintaining normal breathing
4. 20 repetitions, 1 time per day
5. To make more challenging add
 1. Marching, 2. single leg lowering 3. both feet off the ground marching 4. Both feet up single leg lowering 5. Both feet on ground double heel slides