

OR-Stretch - Between Surgery Stretches

- These activities are intended to be performed slowly with no rapid or forceful movements.
- Keep your breathing relaxed throughout all activities.
- If any activity causes discomfort, stop performing the activity.
- An instructional video leading the between surgery stretches can be found at <https://youtu.be/bLAeVbBjZV0>

Exercise 1: Hamstring Stretch

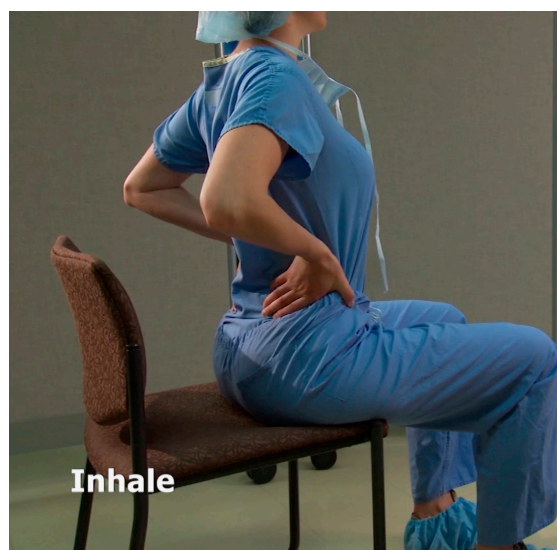
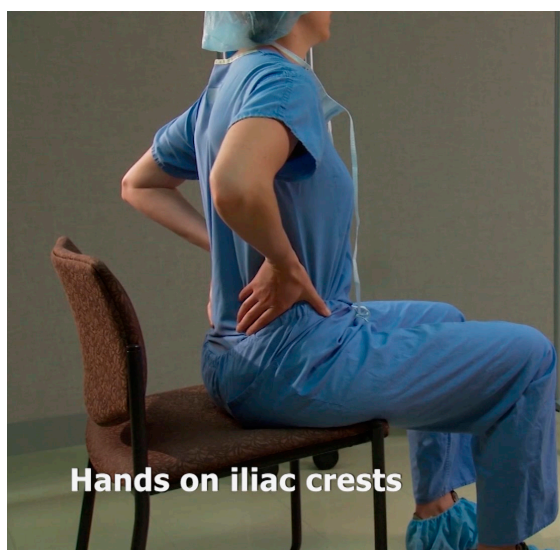
- Sit forward on the front part of your chair and sit as tall as you can.
- Extend one leg out in front of you with your knees straight and your heel on the floor.
- Lean forward from your hips as far as you can while maintaining the upright posture.
- Hold for 30-60 seconds.
- Return to sitting tall and repeat on the other side.



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Exercise 2: Seated Trunk Extension and Flexion

- Sit forward on the front part of your chair and sit as tall as you can.
- Place your hands on your iliac crests.
- Take a deep breath lifting your chest upwards.
- Tilt your pelvis gently forward bringing your belly button toward your knees. Arch (extend) your back gently using your hands as a focus point for the arch.
- As you exhale, gently curl your pelvis and ribs toward one another around your hands and waist and flex your spine.
- Hold each position for 10 seconds, repeat each exercise 2-3 times and return to the upright position.



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Exercise 3: Shoulder Shrugs

- Sit forward on the front part of your chair and sit as tall as you can.
- Shrug your shoulders up and roll them back and down, lifting your chest and pinching your shoulder blades together.
- Hold for 10 seconds, take a deep breath and relax.
- Repeat the exercise 2-3 times.



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Exercise 4: Neck Extension and Flexion

- Sit forward on the front part of your chair and sit as tall as you can.
- Extend your neck by lifting your face toward the ceiling dropping your head back as far as you comfortably can.
- Tuck your chin and curl forward stretching the upper part of your neck and continue curling downward by flexing your lower neck and thoracic spine as far as you comfortably can.
- Hold for 10 seconds, and repeat each exercise for a total of 2-3 times.
- In between each stretch, relax and return to sitting tall.



Neck extension



Neck flexion

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Exercise 5: Seated Trunk Rotation

- Sit forward on the front part of your chair and sit as tall as you can.
- Turn your head looking over your left shoulder as you comfortably can.
- Continue rotating with your shoulders and trunk while lengthening the muscles in your back and spine.
- Hold for 10 seconds and then relax and return to the upright position in midline.
- Repeat each exercise to the left and right for a total of 2-3 times each side.



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Exercise 6: Trunk Rotation with a Hip Stretch

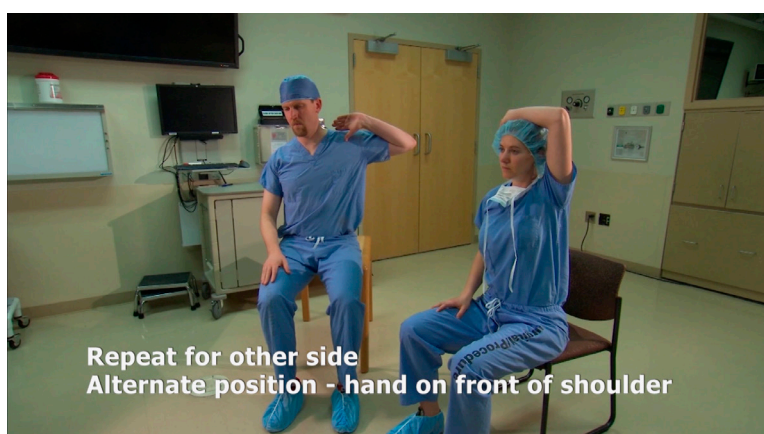
- Sit forward on the front part of your chair and sit as tall as you can.
- Cross the left ankle over the right thigh.
- Turn your trunk to the left and place your right hand over your left knee.
- Gently pull your left knee to the right as you turn your trunk further to the left.
- Hold for 10 seconds, then relax, uncross your legs, and return to sitting in the upright position.
- Repeat the exercise on the right, and repeat each exercise for a total of 2-3 times.



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Exercise 7: Seated Lateral Trunk Rotation

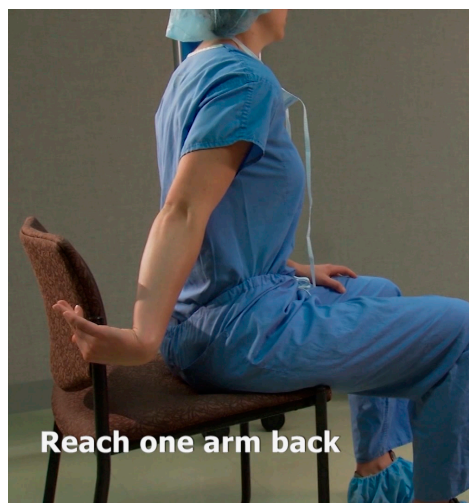
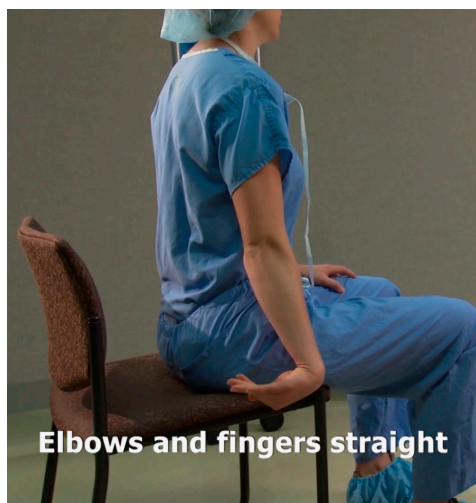
- Sit forward on the front part of your chair and sit as tall as you can.
- Reach your left arm over your head placing your hand on your head with your palm facing up toward the ceiling.
- Take a deep breath in, side bend to the right and reach your elbow toward the ceiling.
- Relax and release your breath as you return to the upright position.
- Alternate position: If you cannot put your hand on your head, you have shoulder pain, or if the former exercise is painful, put the back of your hand on the front of your shoulder and side bend without stressing your shoulder.
- Repeat the exercise 2-3 times on each side, holding each position for approximately 10 seconds.



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Exercise 8: Shoulder Extension with Neural Tension

- Sit forward on the front part of your chair and sit as tall as you can.
- With your elbow and fingers completely straight, flex your wrists as far as you comfortably can while keeping your fingers fully extended.
- Extend your shoulder back as far as you comfortably can.
- Hold for 10 seconds, relax and return to the neutral position.
- Repeat the position on the opposite side and complete each exercise for a total of 2-3 repetitions.



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Exercise 9: Shoulder Flexion with Neural Tension

- Sit forward on the front part of your chair and sit as tall as you can.
- With your elbows straight, extend both wrists as far as you comfortably can while keeping your fingers straight.
- Reach both arms overhead and take a deep breath in as you push your hands away from your body as far as you comfortably can while keeping your wrists and fingers extended.
- Keep pushing your hands away from your body and return your arms back down to your sides while exhaling and relaxing.
- Hold the position for 10 seconds and repeat 2-3 times.

