

Mishock Physical Therapy Dynamic Stretches



Palms Up



Palms Down

(Perform both small & large circles, 10x each in both directions, first with palms up, then with palms down.)



Side Bending

(Bend to the side, reach for the sky, 10x each way)



Lumbar Rotations

(Extend arms, rotate 10x each side, hold each for one deep breath)



**Straight Leg Raise,
Hamstring Stretch**

(Raise leg to opposite extended hand & aim for toe. Switch sides while walking 20ft.)

If you want to see these stretches in action please visit www.mishockpt.com.

Gilbertsville
 610-327-2600
 1806 Swamp Pike
 Suite 100
 Gilbertsville, PA 19525

Skipack
 610-584-1400
 3887 Skipack Pike
 Lower Level
 Skipack, PA 19474

Barto
 610-845-5000
 1311 Route 100
 Lower Level
 Barto, PA 19504

Phoenixville
 610-933-3371
 131 Nutt Road
 Phoenixville, PA 19460

Mishock Physical Therapy Dynamic Stretches (Continued)



Walking Hip Cradles

(Raise bent knee & hip up.
 Rotate side to side while walking for 20ft.)



Walking Hip Flexion

(Raise bent knee & hip across body.
 Rotate side to side while walking 20ft.)



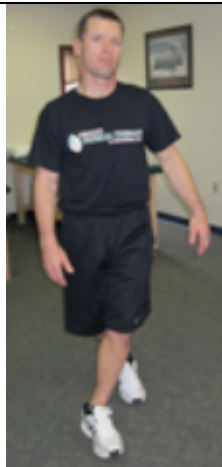
Walking Quad Stretch, Heel Up

(Pull ankle to butt & raise up
 on opposite toe, 10x each leg)



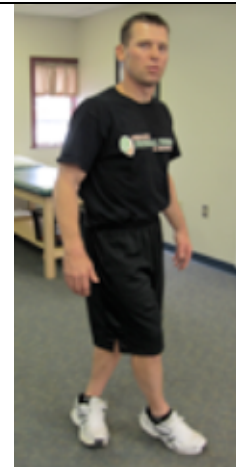
Lateral Lunge, Side to Side

(Shuffle sideways, stop, then
 lean to left, then right, 20x)



Karaoke, 1

(Alternate foot motion turning in & out for 20ft. each way)



Karaoke, 2

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Straight Leg, Dead Lift

(Stand on one leg, bend over keeping knee & back straight then reach with opposite arm. 10x each side)



Warrior

(Lunge straight forward while rotating torso & reaching for sky. Walk 20ft. each side)

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