



## Low Back Protocol (25 minutes)

### Traction

- Lumbar traction 1-3 minutes

Stretch (repeat highlighted on opposite side AFTER completing all highlighted on first side)

- Single leg pelvic tilt
- Lumbar roll
- 3 way hamstring
  - Knee extended no rotation in the hip
  - Knee extended with hip IR
  - Knee extended with hip ER
- Adductors
  - Bent knee, parallel to table
  - Extended knee, parallel to table
- Piriformis Stretch
- Lateral glute roll
- X stretch for TFL
- X stretch for QL
- Supine Thoracic Rotation
- Gastroc/soleus Stretches
- Hip flexors - Thomas Stretch OR Side Lying
- Quads - From Thomas Stretch, side-lying or prone
- Side-lying Upper Trapezius Stretch
- Seated Chest opener
- Seated Thoracic Rotation
- Seated Oblique
- Upper Thoracic Extension



## **Cervical Protocol (25 minutes)**

### Traction

- Gentle traction and sub occipital release (3-6 minutes)

### Stretch

- Occipital lift
- Occipital tilt
- SCM Stretch
- Upper Trapezius Stretch
- Levator Stretch
- Criss Cross Stretch
- Supine Shoulder Overhead Flexion
- Supine Pectoralis Major Stretch (90/90 shoulder/elbow position)
- Supine Shoulder ER
- Supine Shoulder IR
- Supine Forearm Extensor Stretch
- Supine Forearm Flexor Stretch
- Supine Rhomboid Stretch
- Supine Thoracic Rotation
- (ALTERNATIVE FOR MORE MOBILE SHOULDERS) Chest Str with soft bolster or Foam Wedge at mid/upper thoracic
  - Bilateral UEs in forward flexion
  - Bilateral UEs at 90/90, elbows at 90-degrees of flexion (Pectorals)
  - Bilateral UEs at 90/90, elbows in extension (biceps)
- Side-lying Upper Trapezius Stretch
- Seated Chest opener
- Seated Pec Minor Stretch
- Seated Bilateral Biceps Stretch
- Seated Thoracic Rotation, behind client
- Seated Upper Trapezius stretch
- Seated Levator stretch
- Upper Thoracic Extension



## Upper-Lower Cross Protocol (55 minutes)

### Stretch

Begin EITHER with cervical OR lumbar protocol and work your way in the opposite direction

- lumbar distraction
- Lumbar Roll
- 3 way hamstrings
- Adductor stretches
- Hip rotators
- Lateral glute roll
- X stretch for TFL
- X Stretch for QL
- Supine Thoracic Rotation
- Gastroc Stretch
  
- Cervical distraction and suboccipital release
- Occipital Lift
- Occipital Tilt
- SCM Stretch
- Supine Upper Trapezius Stretch
- Supine Levator Stretch
- Criss Cross Stretch
- Chest Stretch with bolster
  - BUEs in forward flexion
  - BUEs at 90/90 with elbows at 90-degrees of flexion
  - BUEs at 90/90 with elbows in extension
- Supine Shoulder ER
- Supine Shoulder IR
- Supine Rhomboid Stretch
- Thomas Stretch
- Quad Stretch
  
- Seated UT stretch
- Seated Levator stretch
- Seated Chest Opener
- Seated Thoracic Rotation
- Seated Thoracic Extension
- Seated Oblique Stretch



## Overhead Athlete Protocol (55 minutes)

### Traction

- GHJ traction 1-2 minutes

### Stretch

- Supine, unilateral stretches (repeat on opposite side)
  - Flexion
  - Abduction
  - ER
  - Extension
  - Wrist Ext str
  - Wrist Flexor str
  - Forearm Supination and Pronation Stretches
- Optional Chest and Biceps Str with Thoracic Extension Series (with the bolster under upper back)
- Supine Rhomboid Stretch
- Supine Thoracic Rotation Stretch
- Lateral glute roll
- 3 way hamstrings
- Hip Adductors
- X stretch or QL
- Gastroc Str
- Psoas Str
- Quads Str
- Seated chest opener
- Seated Pec minor Stretch
- Seated Bilateral biceps stretch
- Seated Thoracic Rotation
- Seated Shoulder Adduction
- Seated Shoulder Horizontal Flexion
- Seated Triceps Str
- Seated IR and ER stretches
- Upper thoracic extension