



Breakout Sessions

5-10 minutes each (select from each list as needed - at the discretion of the therapist)

Shoulder Breakout

- Supine Rhomboid Stretch
- Seated Biceps Str
- Seated Triceps Str
- Seated ER stretch
- Seated IR stretch
- Seated Forearm Flexor stretch
- Seated Forearm Extensor stretch

Elbow, Forearm, Wrist Breakout

- Forearm pronation
- Forearm supination
- Wrist extension
- Wrist flexion

Foot and Ankle Breakout

- Supine Gastroc Stretch
- Ankle Invertor Stretch
- Ankle Evertor Stretch
- Toe Flexor Stretches
- Toe Extensor Stretches
- Prone Soleus/Achilles Stretch

Hip and Knee Breakout

- Lateral glute stretch
- Supine TFL Stretch
- Piriformis Stretch
- 3-way Hamstring Stretch
- Adductor Stretches, knee flexed and knee extended
- Hip Flexor Stretch (side lying or supine)
- Quad Stretch (side lying or supine)
- Gastroc/Soleus Stretches

Cervical Breakout

- Traction with sub occipital release
- Occipital Lift
- Occipital Tilt
- SCM stretch
- Upper Trapezius Stretch
- Levator Stretch



- Criss Cross and lift Stretch
- Supine Rhomboid Stretch
- Side-lying Upper Trapezius Stretch
- Seated Upper Trapezius Stretch
- Seated Levator Stretch
- Seated Upper Thoracic Extension Stretch

Low Back Breakout

- Lumbar Traction
- Posterior Pelvic Tilt
- Lumbar Roll
- 3 Way Hamstring Stretch
- Adductor Stretch
- Piriformis Stretch
- Lateral Glute Stretch
- TFL and QL Stretches
- Side lying or Supine Hip Flexor Stretch
- Seated Oblique Stretch

Prone Breakout

- Opposite Side Pelvic Tilt
- Quad Stretch
- Soleus/Achilles Stretch
- Hip Internal Rotation Stretch
- Hip External Rotation Stretch