

Teladoc Health UK
Floor 5 Aspect House
84-87 Queen's Road
Brighton BN1 3XE

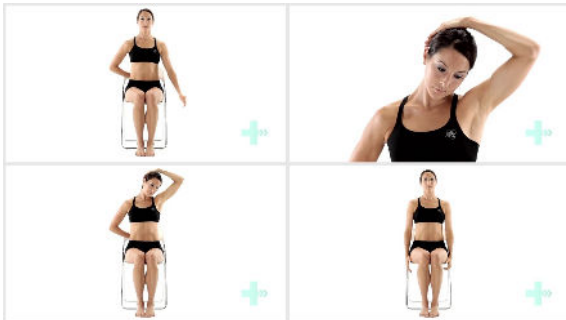
3 Sets / 20 Reps



1. Wrist circles - fingers interlaced

Clasp your hands together and start with your elbows bent. Roll your wrists in figures of "8". Progress to straightening your arms out, and turning allowing the whole arms and hands to move.

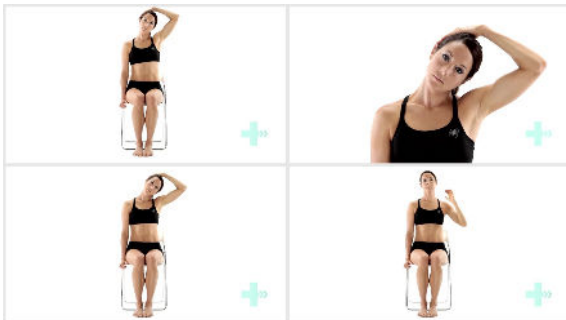
3 Sets / 5 Reps / 15 s hold



2. Levator scapula stretch

Start in a seated position. Place the hand of the side you want to stretch behind your back. Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade. Hold this stretch.

3 Sets / 5 Reps / 15 s hold



3. Upper trapezius stretch

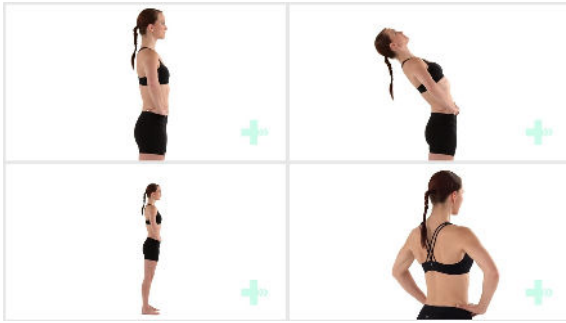
Start in a seated position. Place the hand on the symptomatic side under your chair. Take your other hand and place it on your head. Tilt your ear directly down towards your shoulder and hold this position. You should feel a stretch down the side of your neck.

3 Sets / 5 Reps / 15 s hold



4. Rhomboid and middle traps stretch

Clasp your hands together and hold them in front of your body. Push your arms as far forward as you can whilst rounding your shoulder blades. Gently drop your chin down to your chest. Hold this position while you feel a stretch between your shoulder blades.



5. AROM standing trunk extensions

Stand with your legs at hip width apart and straight.

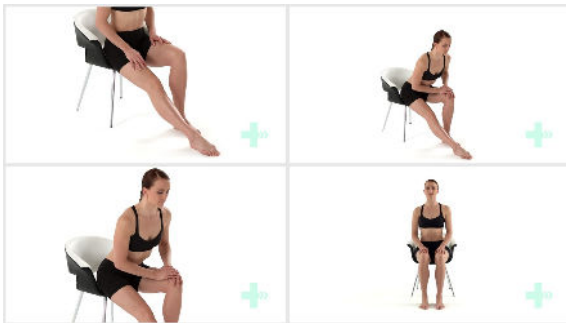
Place your hands on your hips.

Lean your body backwards, trying to arch in the lower back as much as you can, lifting your chest up towards the ceiling.

Try to avoid allowing your hips to swing forwards too far.

Hold this position before returning to the start position.

3 Sets / 5 Reps / 15 s hold



6. Seated Hamstring stretch

Sit in a chair.

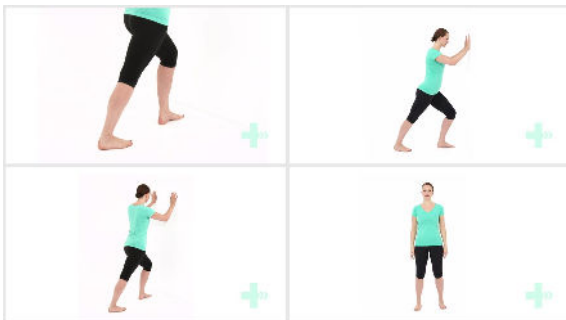
Place your affected leg out in front of you.

Straighten your knee, keeping your foot on the floor.

Keeping your back straight, lean forwards from your hips until you feel a stretch down the back of the thigh.

Hold and then relax.

3 Sets / 5 Reps / 15 s hold



7. Gastrocnemius stretch in standing (holding on)

In a standing position, step your affected leg back behind you.

Keep the heel on the floor and the toes pointing forwards.

Bend the front knee, moving your body forwards, until you feel a stretch in the back of the calf.

Make sure your heel does not come off the floor and your back knee does not bend.