

# Greenwood IRG Physical Therapy Clinic

## Dynamic Flexibility



**Heel Raises:** Rise up onto ball of foot. Arm swings opposite.



**KNEE TO CHEST-** Raise up onto ball of foot. Chest & torso tall. Bring knee up in the direction of the chest.



**PUNTERS WALK-** Reach out with opposite hand to opposite foot on each leg swing. Keep knees straight as you swing through.



A.

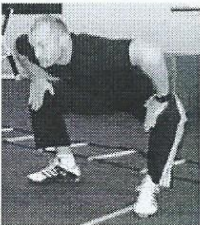


B.

**ROMANIAN DEAD LIFT WALK** – Overhead reach with leg straight in front of you. Place foot down in front and reach down to ankle. Then the back leg swings through to repeat on other side.



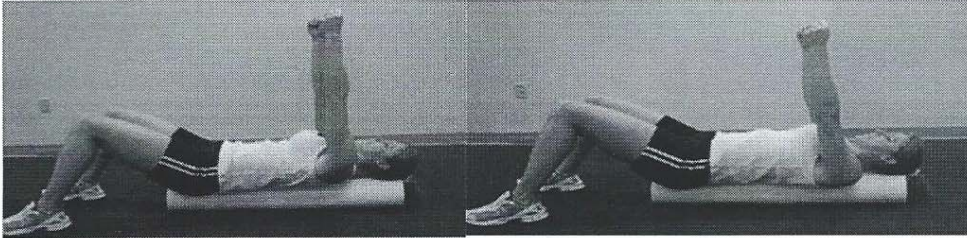
**LUNGE & ROTATE:** Lunge forward with Right leg & rotate the chest to the Right. Repeat on opposite lunge – Lunge forward with the Left leg & rotate to the Left.



**SUMO SQUAT** - Squat while pressing your hands on inside of your knees. Step out of squat rotate 180 degrees & repeat.

## Static Flexibility

4. Keep your arms in this position, but perform circular motions with your arms and shoulders. The movement will be small. Perform circles clockwise and then counter-clockwise, 10 times in each direction.



5. Flex and extend your shoulders, arms going in opposite directions. Repeat 10 times.

