

This program is designed to lengthen the muscle groups that typically remain in a shortened position during surgery. Performing this series of stretches before a procedure can help prevent musculoskeletal pain during surgery. Stretches should feel strong but comfortable and be held for fifteen seconds. Start-to-finish the routine takes less than five minutes to complete.

Corner Chest Stretch



Stand facing a corner, place hands behind head and elbows on walls, lean into the corner to stretch the chest muscles.

Hip and Back Extension



Stand with one foot stepped back from the other. Slightly bend front knee and bring hips forward to stretch the front of the hip of the back leg, then lean back to stretch across the chest and abdomen. Switch sides.

Lateral Neck and Shoulder Stretch



Sit on the edge of a chair with your hand under your thigh, or stand clasping hands behind your back. Gently tilt your ear toward your opposite shoulder, hold for 15 seconds then rotate your chin toward your shoulder and hold. Switch sides.

Wall Stretch



Stand one step back from a wall, place palms flat on wall at shoulder height. Keeping hands on the wall and elbows straight, bend forward, bringing head below arms and flexing at the hips until a stretch is felt in the upper back, shoulders and hamstrings.

Lateral Hip and Torso Stretch



Stand with your right foot crossed in front of the left. Keeping weight on the left foot, reach down to the right without leaning forward to stretch the outer hip and torso. Switch sides, crossing the left leg in front.