It is important to maintain your flexibility to reduce muscle tightness when sitting/lying down for prolonged periods of time.

1. **ANKLE PUMPS**
   - Lie on your back with a pillow under your calf
   - Move your foot up and down like you are pumping a gas pedal
   
   Complete 1 set of 20 each hour on each side

2. **TRUNK ROTATION**
   - Lie on your side with your hips and knees bent to 90 degrees
   - Place your arms out in front with your palms together
   - Slowly lift the top arm up and lower to the opposite side
   - You should feel a stretch in your back and the front of your chest
   - Hold for 5 seconds then repeat

   Complete 1 set of 4, 3 times per day on each side

3. **UPPER TRAPEZIUS STRETCH**
   - Place right arm behind your back
   - Grasp with left hand as shown
   - Bend your neck towards your left shoulder
   - Hold for 30 seconds then repeat on other side

   Complete 3 sets of 30 seconds on each side

4. **QUADRATUS STRETCH**
   - Lie on one side
   - Place a rolled up pillow or small towel under your bottom side
   - Reach overhead with your top arm
   - You should feel a stretch on your upper side
   - Hold for 30 seconds then repeat on other side

   Complete 3 sets of 30 seconds on each side

5. **PIRIFORMIS STRETCH**
   - Lie on your back with your right knee bent and your right ankle across your left leg
   - Grasp your right knee and pull your thigh inward
   - You should feel a stretch in your buttocks
   - Hold for 30 seconds then repeat on other side

   Complete 3 sets of 30 seconds on each side

Please contact your medical provider if these exercises worsen or prolong your symptoms & before beginning more rigorous exercise.