

## SLEEP IN STRETCHES

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View at [www.my-exercise-code.com](http://www.my-exercise-code.com) using code: 58FH9LW



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\*The information provided in this document is for educational and entertainment purposes only and is not to be interpreted as a recommendation for a specific treatment plan\*\*

### LOWER TRUNK ROTATIONS - KNEE ROCKS



Lying on your back with your knees bent, gently rotate your spine as you move your knees to the side and then reverse directions and move your knees to the other side. Repeat as you move through a comfortable range of motion.

Repeat 20 Times

Complete 1 Set

Perform 1 Times a Day



### Sciatic Nerve Glide

Lie on your back with your hip and knee bent to 90 degrees, and holding the back of your thigh. Point your toes and straighten the knee until you feel a stretch in the back of the thigh. Then return to starting position.

Repeat 20 Times

Complete 1 Set

Perform 1 Times a Day

### SINGLE KNEE TO CHEST STRETCH

While Lying on your back, raise your leg up and hold your thigh under your knee while gently pulling it towards your chest for a gentle stretch. Lower your leg down and repeat.



Repeat 10 Times

Complete 1 Set

Hold 1 Second

Perform 1 Times a Day

### DOUBLE KNEE TO CHEST STRETCH

While Lying on your back, hold your knees and gently pull them up towards your chest.



Repeat 5 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



### ROTATIONAL QUADRATUS STRETCH

While lying on your back, cross one leg on top of your knee as shown. Next, slowly lower your knees down towards the ground on the side which has the leg on top.

Repeat 4 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



### SIDE LYING TRUNK ROTATION

While lying on your side with your arms out-stretched in front of your body, slowly twist your upper body to the side and rotated your spine. Your arms and head should also be rotating along with the spine as shown. Follow your head with your hand.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### CHILD POSE -LATERAL

While on your hand and knees in a crawl position, slowly lower your buttocks towards your feet. Also, lower your chest towards the floor as you reach out toward the side. □ □ □ □  
You can also do this on the side of the bed.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### ANGRY CAT STRETCH

While in a crawl position, draw up your spine to arch your back.  
You can also do this by bending forward on the side of your bed.

Repeat 10 Times  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### THORACIC ROTATION - QUADRUPED

While in a crawl position, lower your buttock a little towards your feet to get in a lower position as shown.

Next, with a hand behind your head, rotate your body and your head to the side, then return.

You can also do this by bending forward on the side of your bed or at the wall.

Repeat 10 Times  
Complete 1 Set

Hold 1 Second  
Perform 1 Times a Day



### Seated Thoracic rotation

Sitting in a chair, keeping tall. Rotate to one side, reaching one arm behind the back of the chair, and the other hand on the arm of the chair (or your leg) to give gentle overpressure. Avoid pain and take deep breaths.

Repeat 3 Times

Hold 20 Seconds

Perform 1 Times a Day



### UPPER TRAP STRETCH - HOLDING CHAIR

While sitting in a chair, hold the seat with one hand and bend your head towards the opposite side for a gentle stretch to the side of the neck.

Repeat 2 Times

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



### RHOMBOID AND MIDDLE TRAP STRETCH - CLASPED HAND

Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.

Repeat 1 Time

Hold 30 Seconds

Complete 1 Set

Perform 1 Times a Day



### SCALENE STRETCH - HANDS ON CHEST - DEEP ANTERIOR NECK FLEXOR STRETCH

Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

Repeat 2 Times  
Complete 1 Set

Hold 10 Seconds  
Perform 1 Times a Day



### PECTORALIS DOORWAY STRETCH - SINGLE ARM

While standing in a doorway, place your arm up on the door jam and take a step forward through the doorway. Next, bend your front knee until a stretch is felt along the front of your chest and/or shoulder. Your upper arm should be horizontal to the ground and your forearm should lie up along the door frame.

NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

Repeat 2 Times  
Complete 1 Set

Hold 30 Seconds  
Perform 1 Times a Day



### Median Nerve Glide- Great for if your hand falls asleep at night.

Start with your hand in front of you with your elbows bent and your palm facing towards you. Next, open your arm out to the side with your fingers and wrist pointing backward.

Tip your head towards your outstretched arm.

Turn this into a gliding motion, going back and forth between the positions, tipping your head from side to side.

Repeat 10 Times  
Complete 2 Sets

Perform 1 Times a Day