

# Stretches and Toning Exercises Using a Wall/Door – *Easy Version*

## Starting Position

To get in the starting position, stand next to a wall or door with your right side up against it. Squat down and lower your bottom to the floor. Then, roll to your side with your feet and butt against the wall. Place a pillow under your head and ice packs beneath your head/neck and lower back.



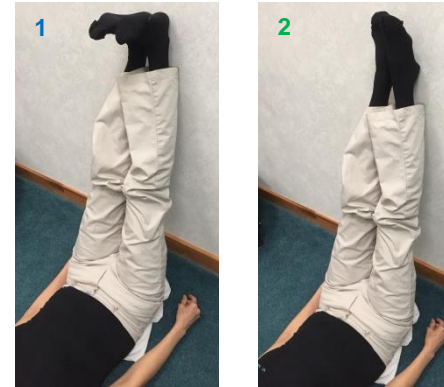
## Initial Stretch

1. Rest your legs up on the wall. You should feel a deep stretch in your calves and hamstrings.
2. If this is too challenging, move your butt away from the wall a few inches.



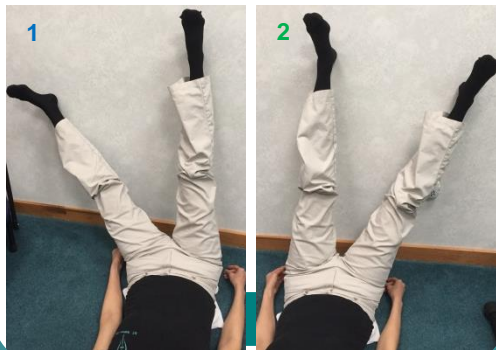
## Calf and Shin Stretch

1. Flex your feet to deepen the stretch of your calf/hamstring.
2. Point your toes to stretch your shin.



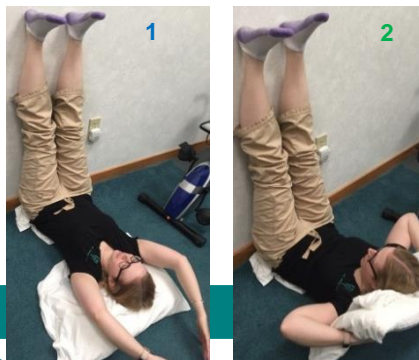
## Toning Exercise

1. Keep your right leg straight up and your hip stabilized and immobile. Slowly lower your left leg down the wall and hold for 10 sec.
2. Reverse to the other side.



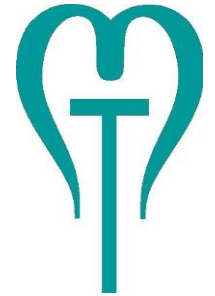
## Latissimus Dorsi (Lat) Stretch and Abdominal Crunch

1. To stretch your lats, pull your arms back towards your head and rest them on the pillow.
2. To do a crunch, put your hands behind the pillow and hold onto it (to prevent neck strain). Bend your torso up slightly in a crunch.



## Wall Bridge and Advanced Stretches

1. To do a wall bridge, bend your knees and lower your feet down the wall. Lift your pelvis up off the floor slightly and hold for 10 sec. While in the wall bridge, stretch your chest by keeping your arms open and resting outward.
2. To stretch your glutes, cross your left ankle over your right knee while keeping your right leg straight and hold for 10 sec. Reverse to the other side.
3. For an advanced inner thigh stretch, lower your pelvis to the floor and bring your feet together on the wall with knees bent outward. Hold for 10 sec.



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# Stretches and Toning Exercises Using a Wall/Door – *Advanced Version*

## Starting Position

To get in the starting position, stand next to a wall or door with your right side up against it. Squat down and lower your bottom to the floor. Then, roll to your side with your feet and butt against the wall. Place a pillow under your head and ice packs beneath your head/neck and lower back.



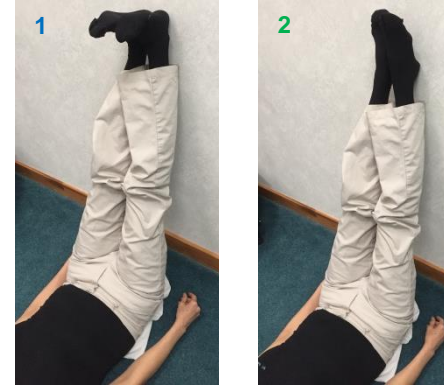
## Initial Stretch

1. Rest your legs up on the wall. You should feel a deep stretch in your calves and hamstrings.
2. If this is too challenging, move your butt away from the wall a few inches.



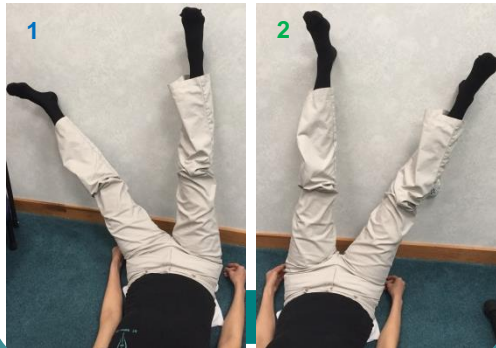
## Calf and Shin Stretch

1. Flex your feet to deepen the stretch of your calf/hamstring.
2. Point your toes to stretch your shin.



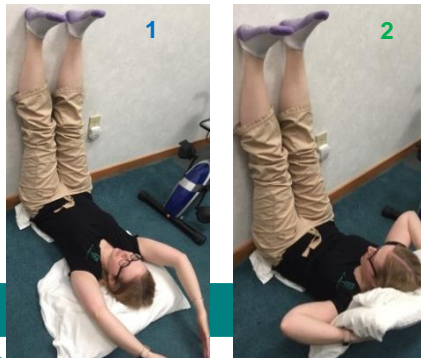
## Toning Exercise

1. Keep your right leg straight up and your hip stabilized and immobile. Slowly lower your left leg down the wall and hold for 10 sec.
2. Reverse to the other side.



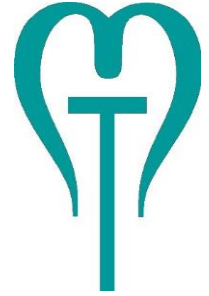
## Latissimus Dorsi (Lat) Stretch and Abdominal Crunch

1. To stretch your lats, pull your arms back towards your head and rest them on the pillow.
2. To do a crunch, put your hands behind the pillow and hold onto it (to prevent neck strain). Bend your torso up slightly in a crunch.



## Wall Bridge and Advanced Stretches

1. To do a wall bridge, bend your knees and lower your feet down the wall. Lift your pelvis up off the floor slightly and hold for 10 sec. While in the wall bridge, stretch your chest by keeping your arms open and resting outward.
2. To stretch your glutes, stay in the wall bridge position and cross your right ankle over your left knee and hold for 10 sec. Reverse to the other side.
3. For an advanced inner thigh stretch, lower your pelvis to the floor and bring your feet together on the wall with knees bent outward. Hold for 10 sec.



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