



## Video Transcript:

### 3 Stretches for TFCC Rehab and Recovery

Video can be found here: <http://bit.ly/ww-stretches>

#### Stretch 1

To start this stretch sequence, lie flat on your back with your arm out to your side.

Rotate your hand so your palm is facing upwards.

Turn your head away from your palm, feeling the stretch in your neck.

You may have to move around to find the stretch. Hold this for about 20 seconds then relax.

Go through this 3 times. Repeat on the other side.

#### Stretch 2

Next, lie on your side with your shoulders stacked, one hand in the air.

Turn your palm up towards the sky.

Move your neck away from the hand that's in the air. Again, you may have to move around to find the stretch.

Hold this for about 20 seconds then relax. Go through this 3 times. Repeat on the other side.

#### Stretch 3

For our third stretch, you will start by standing next to a wall. Place your palm flat on the wall with your index finger pointed downwards.

Keeping your shoulder blade tucked down, begin rotating the body slightly and leaning into a slight angle which will stretch the shoulder. Extend the neck to the opposite shoulder. Gently adjust your neck position to discover where you may feel the most stretch and tenderness. Breathe into the areas of tightness while holding for 15-20 seconds.

Respect your limits of mobility in this stretch. Never push to pain. Be patient and over time your range of motion will increase.