

# Healthy Joint Prehab Exercises

## LOW BACK

BENT LEG BRIDGE  
FIGURE FOUR STRETCH  
SIDE LYING LEG LIFT  
LYING QUAD STRETCH  
POSTERIOR TILT  
PARTIAL LEG LIFT  
ARCH UP  
HAMSTRING STRETCH  
SINGLE LEG BRIDGE  
RUNNERS LUNGE STRETCH  
GOOD MORNING  
FORWARD FOLD STRETCH  
REVERSE CRUNCH  
SPINAL TWIST STRETCH

## HIPS + KNEES

HAMSTRING STRETCH  
BENT LEG BRIDGE  
LUNGE STRETCH  
STRAIGHT LEG RAISES  
SLANT BOARD  
TRX UNLOAD SQUAT  
OR X BALL WALL SQUAT  
BOX PIGEON  
STAND LEG ABDUCTION  
BUTTERFLY STRETCH  
BOSU ONE LEG STAND  
LEG HUG STRETCH  
SINGLE LEG DEADLIFT  
FORWARD FOLD  
PISTOL SQUAT  
CRISS CROSS FORWARD FOLD  
X BALL TRIPLE HAMSTRING

## SHOULDERS+ NECK

CHEST OPENER  
BAND BUDDHA  
DB PULLOVER STRETCH  
MID TRAP ROW  
INTERNAL/EXTERNAL  
ROTATION  
SEATED ROW  
WALL CHEST PEEL OFF  
REAR DELT PULL  
POOR MANS TRACTION  
TYI  
HANDCUFF STRETCH  
BAND PULLDOWN  
SIDELYING NECK STRETCH  
REVERSE SHRUGS

**HOLD EACH STRETCH 1 MIN PER SIDE AND MOVEMENTS FOR 20 REPS EACH  
REPEAT 3 TIMES THROUGH**

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