

***P. B. F. S.***  
***Peanut Butter Fruit Sandwich***



***Pocket Stretch:***

Put right arm behind back. Lean head forward, tuck your chin towards your chest, turn head and direct your left ear towards left pants pocket and your nose towards your right pants pocket. With your left hand, grab your head and pull (opposite of the hand you have behind your back) so that your left ear is moving towards your left pants pocket. You should feel the stretch in the back right area of your neck. Reverse for other side.

(Perform stretch for each side 1 time in order to complete a series. Do 3 series before moving forward)



***Backbend***

Move chin backwards, over shoulders, and hold as you straighten your legs and bend backwards. Reaching arms up and back adds to bending back. Make sure not to fall backwards. Hold for a count of 30, 3 times. As a precaution, you may stand with your back to the bed in case you do fall



*Forward Curl:*

Tuck chin to chest and bend towards your toes with your legs straight. Hold for a count of 30, 3 times.



*Squat:*

Squat as you're able, pulling your knees to your chest, lean forward towards your toes keeping your feet as flat as possible. Hold for a count of 30, 3 times. \*\*If unable to perform this stretch, refer to the 2<sup>nd</sup> and 3<sup>rd</sup> stretch on the lumbar page. Then do ankle stretches separately.

### **Tips:**

- Allow your body to **relax**
- Remember to **breathe** throughout duration of stretch
- Avoid over stretching. If the muscle begins to hurt, ease up in order to avoid injury

## **STRETCH AND ICE**

### **Stretch:**

Follow the stretching protocol handout. Each position/stretch should be done 3 times and held for a slow 30 count each time.

### **Ice Application:**

Either a gel pack can be used or fill a plastic bag with ice and a little water.

Step 1: Dampen a towel and wrap cold pack in it

Step 2: Place on treatment area (area that was stretched)

Step 3: Cover with a dry towel for insulation. Keep ice on for at least 15 minutes and not more than 20.

\*This procedure should be done at least twice a day with at least an hour in between icing

## **HEAT/STRETCH/ICE**

### **Heat:**

Place a heating pad on treatment area for 5-10 minutes. If a heating pad is not available, dampen a towel and place it in a large plastic bag. Dampen using faucet temperature that is tolerable. Place this on area and cover with a thick towel for insulation.

**THEN STRETCH**

**THEN ICE**