

Angler's Eight

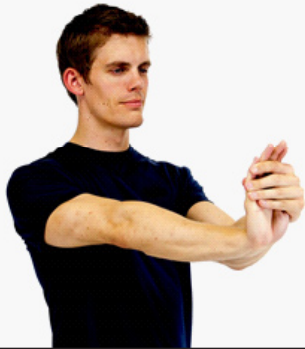
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WRIST EXTENSOR STRETCH

Use your unaffected hand to bend the affected wrist down until a mild-moderate stretch is felt. Keep the elbow straight on the affected side the entire time. To increase intensity of stretch, keep fingers curled into a fist. (Most important on rod-holding arm)

Repeat	2 Times
Hold	30 Seconds
Complete	1 Set

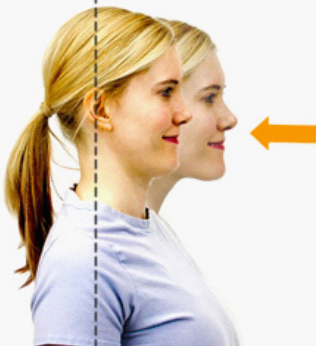


WRIST FLEXOR STRETCH

Use your unaffected hand to bend the affected wrist up until a mild-moderate stretch is felt. Keep the elbow straight on the affected side the entire time.

(Most important on rod-holding arm)

Repeat	2 Times
Hold	30 Seconds



RETRACTION / CHIN TUCK

Slowly draw your head back so that your ears line up with your shoulders. You should feel like you are giving yourself a "double-chin", but should not be looking up.

Repeat	10 Times
Hold	5 Seconds



UPPER TRAP STRETCH

Begin by retracting your head back into a chin tuck position (similar to previous exercise). Next, place one hand behind your back and gently draw your head towards the opposite side with the help of the weight your other arm. Be gentle, do not pull on head with arm. Perform two times on each side.

Repeat	2 Times
Hold	30 Seconds



DOORWAY CHEST STRETCH

Hold a solid trunk posture while engaging abdominals. Push the trunk forward to stretch the front of the shoulders and chest. Do not lead with your head or arch your back. Maintain body weight in legs, do not "hang" on doorway using arms.

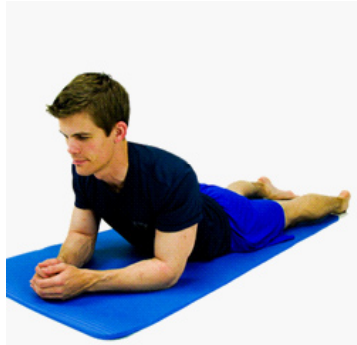


WALL ANGELS

Stand with knees straight while leaning into wall with hands in hold-up position as pictured on left. Keep head, shoulder blades, and lower back flat against the wall. Slowly slide the backs of both hands up the wall toward each other as pictured on right and then back to starting position, working to maintain contact points with wall.

If this is too difficult, you can perform it while lying on your back as if you were making a snow angel.

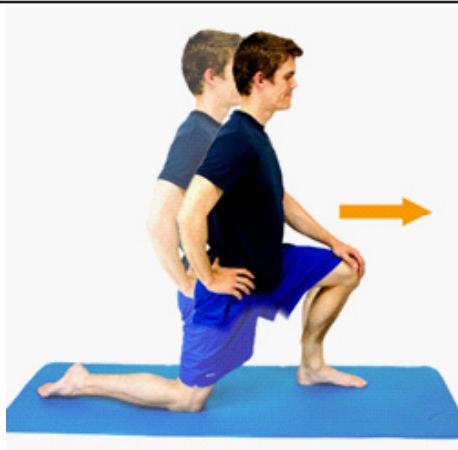
Repeat 10 Times



PRONE ON ELBOWS - POE

Lying face down, slowly raise up and prop yourself up on your elbows.

Repeat 5 Times
Hold 15 Seconds



HALF KNEEL HIP FLEXOR STRETCH

While kneeling, lean forward and bend your front knee until a stretch is felt along the front of the other hip (Right hip in picture). Perform two times on each side.

Especially important for kayak, ice, or any other type of angler who sits extensively while fishing.

Repeat 2 Times
Hold 30 Seconds