

# CARDIAC REHABILITATION STRETCHING GUIDE

Phase II & III Mobility Exercises

**Intensity:** No Pain

**Breathing:** Rhythmic / No Holding

**Hold:** 15-30 Seconds

Area	Instructions	Frequency
<b>Neck Tilt</b>	Slowly lower ear toward shoulder. Keep shoulders relaxed and down. Repeat on opposite side.	<b>2 Reps / Side</b>
<b>Chest Opener</b>	Clasp hands behind back. Gently straighten arms and lift chest. Do not strain surgical incisions.	<b>3 Reps</b>
<b>Shoulder Rolls</b>	Roll shoulders in a circular motion: up, back, and down. Keep movements fluid.	<b>10 Circles</b>
<b>Seated Hamstring</b>	Sit at edge of chair. Extend one leg straight, heel on floor. Lean forward slightly at the hips.	<b>2 Reps / Side</b>
<b>Calf Stretch</b>	Stand facing a wall. Place one foot back, heel flat on floor. Lean forward until stretch is felt.	<b>2 Reps / Side</b>
<b>Overhead Reach</b>	Reach one arm toward the ceiling, lean slightly to the opposite side. Breathe deeply.	<b>2 Reps / Side</b>

**Note:** Stop immediately if you experience chest pain, dizziness, or shortness of breath. Consult your cardiologist before beginning any new exercise routine. This is a template for educational purposes only.