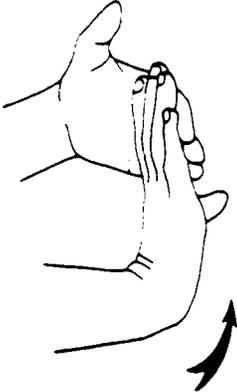


# Minnesota Department of Administration Stretching Exercises



Tilt head toward shoulder, then slowly toward opposite shoulder.



Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt.

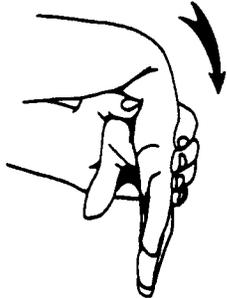
Shrug shoulders up and down, forward and backward.



Actively bend fingers of involved hand. Start with knuckles furthest from hand and slowly make a fist.



Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.



Place hands or thumbs on back of hips and lean backwards while lifting chest.

