

Important Guidelines

If you have questions about your ability to do any stretch, consult your physician.

- Warm up by walking in place for one minute before stretching.
- Be sure the area is clear to allow space to do the stretch.
- Before each stretch, relax and stand with your feet shoulder-width apart and knees slightly bent. Keep your back straight by contracting your abdomen.
- You do not want to feel pain during a stretch. If you do, STOP.
- Stretch to the point of comfortable tension.
- Do not strain or bounce when stretching.
- Take a deep breath, count to three, exhale, and repeat each exercise on the opposite side. Repeat each stretch, or set of stretches, at least three times.

Upper Body Stretches



Shoulder Shrug or Shoulder Rolls

- Look straight ahead with arms relaxed at your sides.
- Lift shoulders up toward your ear lobes.
- Hold.
- Roll shoulders back as you return them to their natural position.



Shoulder Rolls / Arm Circles

- Look straight ahead.
- Lift either one arm or both out to side, with thumbs up.
- Circle arms forward then reverse.



Shoulders and Upper Back (Seated)

- Extend one arm out straight in front of you.
- With the opposite hand, grab the elbow of the outstretched arm and pull it across your chest, stretching your shoulder and upper back muscles.



Neck Stretch / 3 Point Neck Stretch

- Look straight ahead, arms at your sides.
- Drop your left ear toward your left shoulder.
- Take a deep breath, count to three, and exhale.
- Return your head to an upright position.
- Repeat the exercise towards the opposite ear and with chin to chest.



Chin Tuck

- Sit or stand, looking forward, with good posture.
- Tuck your chin in.
- Don't look down.
- Return to starting position.



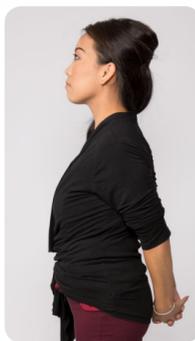
Overhead Shoulder

- Raise one arm overhead, bend the elbow, and place your hand behind your neck.
- With your other hand, grasp your elbow and gently pull it behind your head.



Back Extension Stretch

- Place both hands on the small of your back.
- Lift your rib cage, arching your back.
- Do not tip your head backward.



Shoulder Stretch

- Clasp your hands behind your back.
- Squeeze shoulder blades together.
- Slowly raise clasped hands, bending your elbows slightly until you feel a stretch.
- Do not bend your body forward during the stretch.



Shoulder Stretch in Doorway

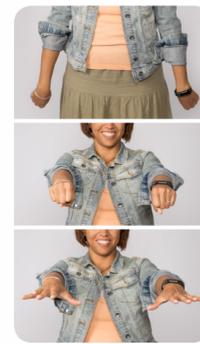
- Place your right arm on doorway or corner of wall surface at a 90 degree angle to your body.
- Step slightly forward to feel stretch in upper arm and shoulder.
- Turn your head away from doorway.

Mid Body Stretches



Reach High / Overhead Stretch

- Stretch your arms up over your head as high as you can.
- Spread your fingers or clasp them together above your head to increase your reach.



Wrist Curl Stretch

- With your arms at your sides and your knuckles forward, make loose fists.
- Curl your fists in the direction of your elbows.
- With your arms out in front of you, make loose fists, spread fingers and repeat.



Palm Press Stretch

- Place your palms together with fingers at chin level.
- While keeping your palms together, press and lower your hands until you feel a stretch in forearms.
- Be careful not to raise your shoulders.



Side Bending Stretch

- Stand upright with your feet shoulder-width apart, and place your left hand on your waist.
- Reach overhead with your right arm. Bend slightly to the left, letting the weight of your right arm create the stretch.



Side Turning Stretch

- Stand upright with your feet shoulder-width apart and your left hand on your right hip.
- Reach your right arm straight up from your side, then move it slightly back with your palm forward and thumb up. Look over your right shoulder at your right hand.



Cat Stretch / Forward Bend

- Stand with your feet shoulder-width apart.
- Bend forward, putting your hands on slightly bent knees.
- Take a deep breath. As you exhale, count to three, tuck your chin into your chest, and round your back up to standing position.



Torso Stretch in Chair

- Inhale and while you exhale, turn to the right and grab the back of your chair with your right hand, and grab the arm of the chair with your left.
- With eyes level, use your grasp on the chair to help twist your torso around as far to the back of the room as possible. Hold the twist and let your eyes continue the stretch.
- Slowly come back to facing forward.

Lower Body Stretches



Quad

- Extend your left arm or use a wall for balance.
- Grasp your right ankle with your right hand and pull up toward your back.
- Keep your body in good alignment with your knees fairly close together.



Leg Extensions

- Grab the seat of your chair to brace yourself and extend your legs straight out in front of you so they are parallel to the floor.
- Flex and point your toes five times.



Achilles Calf Stretch

- Begin with one leg.
- Stand facing the wall and place your toes up and against the wall. The higher you place your toes, the deeper the stretch.
- Lean forward, keeping your heel on the floor. Your other leg is behind you, toes forward and heel on ground.