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.