

Stretch it out!

UPPER BODY

Neck Tilts Tilt head sideways by dropping your ear to your shoulder. Hold. Repeat on other side.



Chest Stretch Sit on a chair and bring your arms to your sides. Slowly roll your thumbs toward your back, opening your chest. Hold. Repeat.



Shoulder Stretch Extend your right arm and bring it straight across your chest. Use your left arm to press your right arm toward your chest. Hold. Repeat with other arm.



Hold all stretches for 15-30 seconds unless indicated otherwise. Do each stretch twice. Try to stretch at least two times per week. Be sure to consult with your physician before starting an exercise program.

Shoulder Shrugs Raise shoulders towards ears. Hold for five seconds. Relax downward to a normal position. Repeat.



Upper Back Stretch Stand with feet shoulder width apart and knees slightly bent. Clasp your hands in front of you and push palms away from the body. Hold.



Forearm Stretch Hold your right arm out in front of you with your palm up. With your left hand, gently pull your right fingers back until you feel a stretch in your right arm. Hold. Switch arms.



Reach For Sky Stand up tall and reach with both arms up to the sky (with one hand gripped around your opposite wrist). Look straight up towards your hands. When your arms are fully extended, hold for three to five seconds, then gently bend your trunk to the left side, then the right side. Great stretch to reduce upper back/neck and shoulder fatigue and stress.



LOWER BODY

Front Thigh (Quadriceps) Stretch Hold onto a chair or wall with right hand. Slowly bend your left leg back and grab your ankle in your left hand. If necessary, you can grab your pant leg instead. Gently pull until you feel a stretch in your thigh. Hold. Switch legs.



Back of Thigh (Hamstring) Stretch Extend right leg out straight with heel touching the floor. Slowly pull your right toe upwards until you feel a stretch behind your thigh. Hold. Switch legs.



Ankle Flexion/Extension Sit on a chair and stretch your leg out in front of you. Bend ankle to point your toes away from you. Hold. Then bend your ankle to point your toes upward. Hold. Switch legs.



Calf Stretch Stand facing a wall in a staggered stance, left foot forward and right foot back with toes forward. Lunge forward while pushing on the wall with your palms until you feel a stretch in your right calf. Hold. Switch legs.



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