

STRETCHES



Things to remember:

- Maintain a good posture.
- Breathe normally.
- Stretch only to the point of slight discomfort.
- Hold each stretch for 30 to 90 seconds.
- Do not bounce or hold your breath while stretching.

1. Neck Stretch-ear to chest:

- Grasp the back of your head with your right hand.
- Gently pull your head forward and to the right.
- Repeat on the other side.

2. Neck Stretch-ear to shoulder:

- Place your right hand over your left ear.
- Gently pull your head to the right.
- Repeat on the other side.

3. Chest/Shoulder Stretch-swan dive:

- Hold your arms up parallel to the floor and try to touch your palms behind you.
- Hold this position and then repeat again.

4. Triceps stretch-overhead:

- Raise right arm.
- Pull right elbow with left hand.
- Repeat on the other side.

5. Lower back stretch-seated:

- Sit in a chair with your legs together
- Place your hands behind the knees and gently pull yourself down.

6. Hamstring Stretch-seated in chair:

- Straighten your left leg and place your hands behind your calf.
- Keeping your back straight, gently pull yourself down.
- Repeat on the other side.

7. Hip/Glute Stretch-seated:

- Cross your left leg over the right and place your right hand above the knee.
- Now pull with your right hand until you feel the stretch.
- Repeat on other side.

8. Lower Back/Oblique Stretch-standing:

- Place your right hand on your hip and place your left hand in the air.
- Now gently lean to your right side with your left arm.
- Repeat on the other side.

9. Quadriceps stretch-standing:

- Stand on your left leg.
- Reach back and hold your right foot behind you with your right hand. Use the wall for balance.
- Reverse and repeat.

10. Low Calf Stretch-standing:

- Stand about a foot from a wall then extend one leg behind you, keeping both feet flat on the floor, toes pointed straight ahead, and your rear knee slightly bent.
- Sit back into the rear leg, keeping lower back flat.
- Repeat with other leg.