

Back Stretches



Low Back Hamstring Stretch

Bend forward at the waist keeping back and legs straight. Place hands just below knees with arms straight. Bring shoulders back and hold.



Back Bend

Place your hands on your hips or low back. Gently lean back and lift your chest.



Side Bend

Place the feet just wider than shoulder width apart. Stand up tall, relax your shoulders then slowly slide one hand down the side of your leg until you feel a stretch on the opposite side and hold.

Trunk & Shoulder Stretches



Trunk Rotation

Stand with feet shoulder-width apart, knees slightly bent and bring your arms up behind your head. Slowly twist upper body to one side while keeping your pelvis facing the same direction as the feet. Keep the movement slow and controlled, only rotating as far as your flexibility will allow, and hold.



High Reach Stretch

Keep your feet flat on the floor. Reach both arms above head. Open hands and spread fingers. Reach until a stretch is felt through back, ribs and shoulder and hold.



Shoulder Shrug

Begin with shoulders relaxed. Raise both shoulders toward the ears and gently squeeze. Hold. Relax. Repeat.

Shoulder Stretch

Bring arm across body at chest level. Keep chest up. Gently pull arm toward body with opposite arm until stretch is felt through shoulder. Hold.



Chest & Neck Stretches

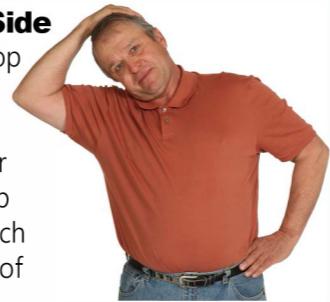


Chest Stretch

Place both hands behind head. Keep back and neck straight and your chest up. Reach your elbows backward until you feel a stretch through your chest. Hold.

Neck Stretch, Side

Place one hand on top of your head while looking forward. Gently move your ear toward shoulder. Stop when you feel a stretch on the opposite side of your neck and hold.



Neck Rotation

Begin by looking straight ahead with shoulders relaxed. Turn head and look over shoulder until you feel a stretch in your neck and hold.



Neck Stretch, Front

Begin by looking straight ahead with shoulders relaxed. Raise chin toward ceiling and tilt head back until stretch is felt in front of neck and hold.



Neck Stretch, Back

Begin by looking straight ahead with shoulders relaxed. Bring chin toward chest until a stretch is felt in the back of your neck and hold.



Arm, Wrist & Hand Stretches



Forearm Rotation



Stand with both arms comfortably at your side. Make a fist with each hand and rotate your wrist back away from you so that your knuckles will point toward you and hold.

Wrist and Forearm Stretches



First, reach one arm in front of body keeping the arm straight. Bend wrist to point fingers up. With opposite hand apply gentle pressure in palm and fingers until stretch is felt on the palm side of wrist and forearm. Hold. Second, keeping the arm straight, bend wrist to point the fingers down. With opposite hand apply gentle pressure on back of hand until stretch is felt on the opposite side of wrist. Hold.



Reach both arms in front of body. Make a fist and hold. Then slowly open fist, spreading fingers, and hold.