

## STRETCHING EXERCISES

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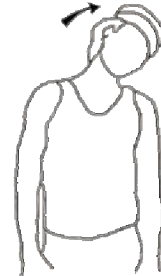
### Stretches for side of neck:

1. Sit or stand with arms hanging loosely at sides
2. Turn head to one side, then the other
3. Hold for 5 seconds, each side
4. Repeat 1 to 3 times



### Stretches side of neck

1. Sit or stand with arms hanging loosely at sides
2. Tilt head sideways, first one side then the other
3. Hold for 5 seconds
4. Repeat 1-3 times



### Stretches back of neck

1. Sit or stand with arms hanging loosely at sides
2. Gently tilt head forward to stretch back of neck
3. Hold 5 seconds
4. Repeat 1-3 times



### Stretches side of shoulder and back of upper arm

1. Stand or sit and place right hand on left shoulder
2. With left hand, pull right elbow across chest toward left shoulder and hold 10 to 15 seconds
3. Repeat on other side



### **Stretches shoulder, middle back, arms, hands, fingers, wrist**

1. Interlace fingers and turn palms out
2. Extend arms in front at shoulder height
3. Hold 10 to 20 seconds, relax, and repeat



### **Stretches triceps, top of shoulders, waist**

1. Keep knees slightly flexed
2. Stand or sit with arms overhead
3. Hold elbow with hand of opposite arm
4. Pull elbow behind head gently as you slowly lean to side until mild stretch is felt
5. Hold 10 to 15 sec
6. Repeat on other side



### **Stretches middle back**

1. Stand with hands on hips
2. Gently twist torso at waist until stretch is felt
3. Hold 10 to 15 sec
4. Repeat on other side
5. Keep knees slightly flexed



### **Stretches ankles**

1. Stand and hold onto something for balance
2. Lift right foot and rotate foot and ankle 8 to 10 times clockwise, then 8 to 10 times counterclockwise.
3. Repeat on other side (Note: can also be done sitting)



## Stretches calf

1. Stand a little way from wall and lean on it with forearms, head resting on hands
2. Place right foot in front of you, leg bent, left leg straight behind you
3. Slowly move hips forward until you feel stretch in calf of left leg
4. Keep left heel flat and toes pointed straight ahead
5. Hold easy stretch 10 to 20 seconds
6. Do not bounce
7. Repeat on other side
8. Do not hold breath



## Stretches front on thigh (Quadriceps)

1. Stand a little a way from wall and place left hand on wall for support
2. Standing straight, grasp top of left foot with right hand
3. Pull heel toward buttock
4. hold 10 to 20 sec
5. Repeat on other side



## Stretches back of thigh (Hamstring)

1. Place foot on a low wall, step or chair
2. Keep knee slightly bent
3. Reach for the toes of extended leg
4. Hold 30 sec



### **Stretches inner thigh, groin**

1. Stand with feet pointed straight ahead, a little more than shoulder-width apart
2. Bend right knee slightly and move left hip downward toward right knee
3. Hold 10 to 15 seconds
4. Repeat on other side
5. If necessary, hold on to something (chair, etc.) for balance

