STRETCHING EXERCISES

TRICEP
- Touch opposite shoulder blades with fingertips, gently grab elbow with opposite hand, pull elbow toward the opposite side. Hold for 20-30 seconds. Repeat on other side.

SIDE BEND
- Place feet hip-width apart. Lift arm over head and reach toward the opposite side. Lean torso toward that direction to feel a stretch on the side. Keep your back upright. Hold for 20-30 seconds. Repeat on other side.

NECK
- Lean head down slightly, and pull head down toward the right for 20 seconds. Repeat on other side. Remember to go slow.

CHEST
- Put both hands behind back and interlock fingers. Lift hands away from lower back and push out chest. Hold pose for 20-30 seconds.

SHOULDER SHRUG
- Raise both shoulders at once up toward the ears. Drop them and repeat 10 times each direction.

WRIST AND FINGERS
- Extend arm with palms facing up and use other hand to push fingers toward the floor. Hold for 20-30 seconds and switch. Repeat on other side.

TORSO TWIST
- Sit up straight with shoulders and back perpendicular to back of chair. Place feet on the ground and hands on the back of the chair. Using arms, twist, pulling toward the chair. Repeat on other side. Take approximately 8 to 10 breaths on each side.

KNEE-PUMP
- Sit-up straight on chair, put leg on top of knee, gently push down on knee, stretching the glutes. As you are pushing down, exhale slowly. Hold for 20-30 seconds. Repeat on other side.

CALF WITH BAND
- Sit in chair extended legs out straight with torso upright. Wrap band around toes. Pull on both ends of band toward body. This movement lifts the toes. Stretch will be felt in toes, feet and calves. Hold for 20-30 seconds. Repeat on other side.

HAMSTRING
- With feet hip-width apart, lift your arm over your head and reach toward the opposite side. Lean your torso toward that direction to feel a stretch on the side. Remember to keep your back upright. Hold for 20-30 seconds.

HIP FLEXOR WITH CHAIR
- Place one foot behind chair taking a long stride back with other leg. Bend the front knee and lower the body, keeping hold of the chair for support. Hold for 20-30 seconds. Repeat on other side.

HAMSTRING WITH CHAIR
- Place one heel on top of chair seat with toes pointing up. Push the hips back as you lean your chest down toward the extended leg. Reach with your hands to try to touch toes. You may keep the leg straight or with a slight knee bend. Hold for 20-30 seconds.

QUAD
- Stand with feet hip-width apart. Hold back of chair for support with one hand, with free hand pull heel toward butt, while keeping both knees close together. Feel stretch on top of the thigh. Hold for 20-30 seconds. Repeat on other side.

SHOULDER STRETCH
- Relax shoulders and gently pull one arm across your chest as far as possible, holding above or below elbow joint. Hold the stretch for 20-30 seconds. Repeat with the other arm.