

Stretching Guidelines

- Hold each stretch **5 seconds**. Perform **5 repetitions** of each stretch on both sides.
 - Stretch slowly only to the point of mild tension. Do not overstretch.
 - Stop if you feel discomfort. There should be no pain.
 - Breathe normally and relax while stretching.
 - Do not bounce while stretching.
 - Be cautious with these stretches if you have an injury or any type of recurring soreness.
- These stretches are not intended to cure serious problems.



Chin Tuck

Keep head level and neck straight.
Tuck chin to make a double chin.



Neck Rotation

Gently turn head to look
over your shoulder.



Neck Sidebending

Gently bring your ear
towards your shoulder.



Back Extension

Place your hands in the small of
Your back with your thumbs
pointing forward.
Gently bend backwards.



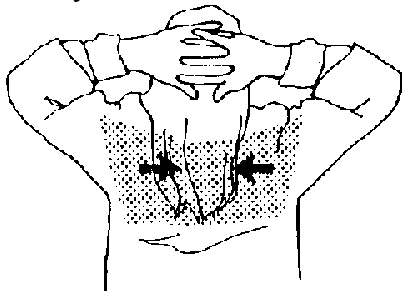
Overhead Stretch

Stand or sit tall.
Gently reach your hands over
your head toward the ceiling.



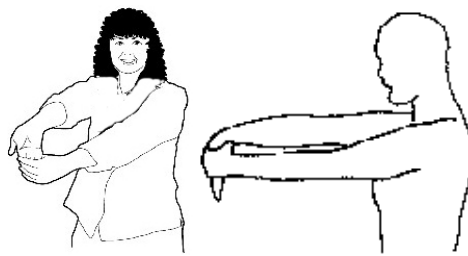
Shoulder Stretch

Place your hand on opposite elbow.
Gently pull elbow across your body.



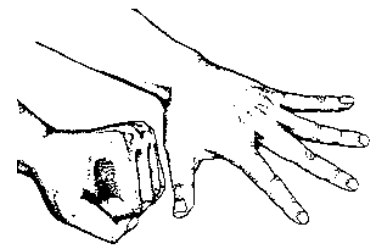
Chest Stretch

Clasp your hands behind your head.
Gently spread your elbows out.
Do not pull your head forward.



Wrist Stretches

- Turn your palm towards the ceiling.
Gently pull hand towards the floor.
- Turn your palm towards the floor.
Gently pull hand towards the floor.
Bend elbow if pain occurs.



Finger stretch

Slowly make a fist and
then slowly extend fingers.
Repeat with arms in front
of you and overhead.