

Stretching Exercises

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 For the side of the neck:

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



Stretching Exercises

Stretches back of neck:

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



Stretches side of shoulder and back of upper arm:

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



Stretches shoulder, middle back, arms, hands, fingers, wrist:

17. Interlace fingers and turn palms out
18. Extend arms in front at shoulder height
19. Hold 10 to 20 seconds, relax, and repeat



Stretching Exercises

Stretches triceps, top of shoulders, waist:

20. Keep knees slightly flexed
21. Stand or sit with arms overhead
22. Hold elbow with hand of opposite arm
23. Pull elbow behind head gently as you slowly lean to side until mild stretch is felt
24. Hold 10 to 15 sec
25. Repeat on other side



Stretches middle back:

26. Stand with hands on hips
27. Gently twist torso at waist until stretch is felt
28. Hold 10 to 15 sec
29. Repeat on other side
30. Keep knees slightly flexed



Stretching Exercises

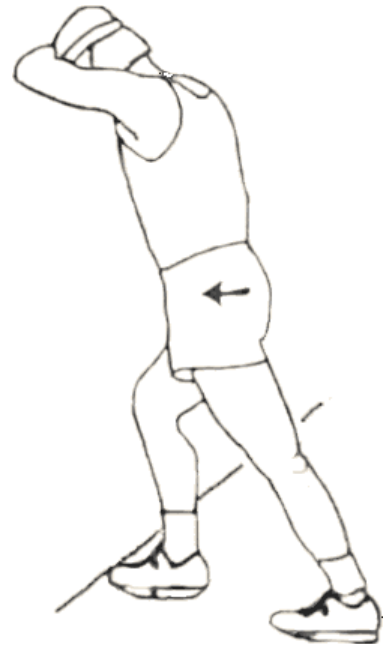
Stretches for ankles:

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



Stretches for calf:

34. Stand a little way from wall and lean on it with forearms, head resting on hands
35. Place right foot in front of you, leg bent, left leg straight behind you
36. Slowly move hips forward until you feel stretch in calf of left leg
37. Keep left heel flat and toes pointed straight ahead
38. Hold easy stretch 10 to 20 seconds
39. Do not bounce
40. Repeat on other side
41. Do not hold breath



Stretching Exercises

Stretches front on thigh (quadriceps):

42. Stand a little away from wall and place left hand on wall for support
43. Standing straight, grasp top of left foot with right hand
44. Pull heel toward buttock
45. hold 10 to 20 sec
46. Repeat on other side



Relaxes hamstrings, stretches calves, Achilles, and ankles:

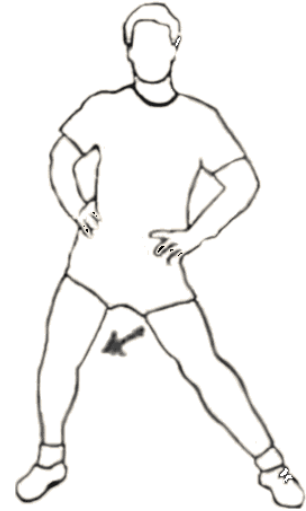
47. Stand with feet shoulder-width apart
48. Keep heels flat, toes pointed straight ahead
49. Assume bent knee position (quarter squat)
50. Hold 30 sec



Stretching Exercises

Stretches inner thigh, groin:

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



Stretches side of hip, hamstrings:

56. Sit on floor with right leg straight out in front
57. Bend left leg, cross left foot over, place outside right knee
58. Pull left knee across body toward opposite shoulder
59. Hold 10 to 20 seconds
60. Repeat on other side
61. Breathe easily



Stretches lower back, side of hip, and neck:

62. Sit on floor with left leg straight out in front
63. Bend right leg, cross right foot over, place outside left knee
64. Bend left elbow and rest it outside right knee
65. Place right hand behind hips on floor
66. Turn head over right shoulder, rotate upper body right
67. Hold 10 to 15 seconds
68. Repeat on other side
69. Breathe in slowly



Stretching Exercises

Stretches back of leg and lower back:

70. Sit on floor, legs straight out at sides
71. Bend left leg in at knee
72. Slowly bend forward from hips toward foot of straight leg until you feel slight stretch
73. Do not dip head forward at start of stretch
74. Hold this developmental stretch 10 to 20 seconds
75. Repeat on other side
76. Foot of straight leg upright, ankles and toes relaxed
77. Use a towel if you cannot easily reach your feet



Stretches shoulders, arms, hands, feet and ankles:

78. Lie on floor, extend arms overhead, keep legs straight
79. Reach arms and legs in opposite directions
80. Stretch 5 sec, relax

