




**Cervical Spine:** To stretch front, back, and side muscles of the neck. Do each one 1 to 3 times. Holding 20 seconds.




While sitting place your hands on your knees. Slowly arch your back and bend your neck back. Hold. Then return to the center.



Slowly bend forward. Hold. Then return to center.

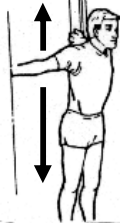


Slowly turn your head to the right. Then return to center. Then turn to left. Return to the center. Do not strain, just stretch.




Tilt your head to one side. Hold. Then return to center. Then tilt your head to other side. Hold.

**Shoulder:** To stretch and relax shoulder muscles (rotator and scapula region). Do each one 2 to 3 times. Holding 20 seconds.




Grip doorway at top of door. Gently lean forward until stretch is felt. Hold. Move arms down and repeat to bottom of door.




Pull elbow across chest as shown. Hold.

**Arm, Wrist & Elbow:** To stretch flexor and extensor muscles. Do each one 2 to 3 times. Hold 20 seconds




Hold one arm out straight. Bring fingers up. With other hand, gently bring hand toward you. Hold.




Hold one arm out straight. Bring fingers down, palm toward you. With other hand bring hand toward you. Hold.

**Thoracic Spine:** To stretch mid back muscles. Do 2 to 3 times. Hold 5 seconds.




Arch entire back. Bring pelvic forward and chin to chest while tightening abdomen.

**Lumbar Spine:** To stretch low back muscles (extensors). Do each one 2 to 3 times. Hold 20 seconds




Keep low back flat to floor. Bring one knee to chest. Pull toward body. Hold.




Keep low back flat to floor. Bring knees to chest. Pull toward body. Hold.

**Abdomen & Chest:** Do each one 2 to 3 times. Hold 20 seconds




Push the upper torso back with the arms until stretch is felt and hold. Push head as far back as it will go.

**Hamstrings:** To stretch back of upper leg. Do each one 2 to 3 times. Hold 20 seconds.




Lean forward. Grab ankle and pull body forward. Hold.

**Quadriceps:** To stretch the front of the upper leg. Do each one 2-3 times. Hold 20 seconds




Grab the leg below the calf and pull to head. Hold.  
Use a belt if you can not grip leg at first.

**Iliotibial Band:** To stretch the side of upper leg. Do each one 2 to 3 times. Hold 20 seconds




Supporting yourself, grip the foot and raise the leg until stretch is felt. Hold.


**Lower Leg:** To stretch calve. Do each one 2-3 times. Hold 20 seconds.




Leaning on wall, keep back foot flat and head up. Slowly bend arms and lower body toward wall until stretch is felt. Hold



Put bottoms of feet together. Pull heels forward toward body.




Sit straight up. Put feet together. Push down on knees.




Pull the knee and ankle to the chest. Hold.

**Groin:** To stretch inside of upper leg. Do each one 2 to 3 times. Hold 20 seconds


**Stretches :** Start off gradually. If you can not stretch manually at first use a belt or rope to help make the stretch. Remember to breathe. Achieve the stretch position gently, no bouncing or jerking! The stretch position should have a tight feeling. Never Pain! Study the position of each figure carefully before performing each exercise.



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