



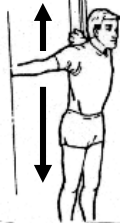





Cervical Spine: To stretch front, back, and side muscles of the neck. Do each one 1 to 3 times. Holding 20 seconds.

 <p>While sitting place your hands on your knees. Slowly arch your back and bend your neck back. Hold. Then return to the center.</p>	 <p>Slowly bend forward. Hold. Then return to center.</p>	 <p>Slowly turn your head to the right. Then return to center. Then turn to left. Return to the center. Do not strain, just stretch.</p>	 <p>Tilt your head to one side. Hold. Then return to center. Then tilt your head to other side. Hold.</p>
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Shoulder: To stretch and relax shoulder muscles (rotator and scapula region). Do each one 2 to 3 times. Holding 20 seconds.





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

 <p>Grip doorway at top of door. Gently lean forward until stretch is felt. Hold. Move arms down and repeat to bottom of door.</p>	 <p>Pull elbow across chest as shown. Hold.</p>	 <p>Hold one arm out straight. Bring fingers up. With other hand, gently bring hand toward you. Hold.</p>	 <p>Hold one arm out straight. Bring fingers down, palm toward you. With other hand bring hand toward you. Hold.</p>
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Thoracic Spine: To stretch mid back muscles. Do 2 to 3 times. Hold 5 seconds.

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


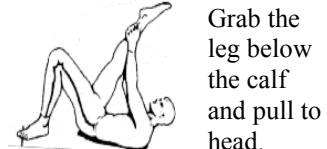
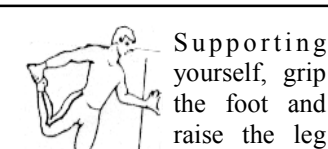
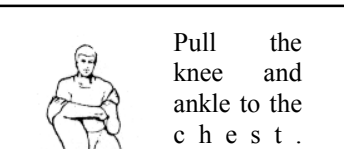
Abdomen & Chest: Do each one 2 to 3 times. Hold 20 seconds

 <p>Arch entire back. Bring pelvic forward and chin to chest while tightening abdomen.</p>	 <p>Keep low back flat to floor. Bring one knee to chest. Pull toward body. Hold.</p>	 <p>Keep low back flat to floor. Bring knees to chest. Pull toward body. Hold.</p>	 <p>Push the upper torso back with the arms until stretch is felt and hold. Push head as far back as it will go.</p>
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Hamstrings: To stretch back of upper leg. Do each one 2 to 3 times. Hold 20 seconds.

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


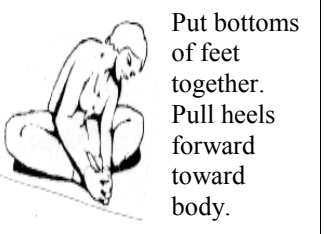
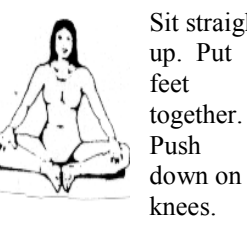
Iliotibial Band: To stretch the side of upper leg. Do each one 2 to 3 times. Hold 20 seconds

 <p>Lean forward. Grab ankle and pull body forward. Hold.</p>	 <p>Grab the leg below the calf and pull to head. Hold. <small>Use a belt if you can not grip leg at first.</small></p>	 <p>Supporting yourself, grip the foot and raise the leg until stretch is felt. Hold.</p>	 <p>Pull the knee and ankle to the chest. Hold.</p>
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Lower Leg: To stretch calve. Do each one 2-3 times. Hold 20 seconds.

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 breath. 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.

 <p>Leaning on wall, keep back foot flat and head up. Slowly bend arms and lower body toward wall until stretch is felt. Hold</p>	 <p>Put bottoms of feet together. Pull heels forward toward body.</p>	 <p>Sit straight up. Put feet together. Push down on knees.</p>
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