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Guidelines for proper stretching

- Perform all stretches slowly until you feel tension but not pain
- Hold each stretch for 30 seconds and repeat 2-3 times.
- If stretches are painful do not perform.



Stretch #1 Neck Stretch

- Grab edge of table, or place hand underneath your thigh, and tilt head to opposite side.



Stretch #2 Upper Back

- Clasp hands together in front of you with elbows straight. Pull shoulder blades apart and bend head forward.



Stretch #3 Back

- On your knees, bend forward allowing your hands to reach forward as far as you can on the floor. Slowly reach to each side as far as you can, keeping your body as low to the floor as possible.



Stretch #4 Low Back

- Place hands behind one knee and pull knee into chest. You should feel a stretch in the lower back and buttock region.



Stretch #5 Chest

- Clasp hands together behind back, keeping elbows straight. Slowly raise arms.



Stretch #6 Shoulder



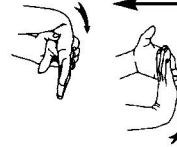
- Gently pull arm across body pulling on the elbow with the opposite hand until a stretch is felt in the shoulder.

Stretch #7 Tricep



- Gently pull on elbow with opposite hand until you feel a stretch.

Stretch #8 Wrist



- With your elbow straight, slowly bend wrist to the point of a gentle stretch. Repeat in the opposite direction.

Stretch #9 Hip



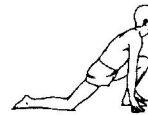
- Cross leg over thigh placing elbow on outside of knee. Push bent knee across body. A stretch should be felt in the hip or buttock region.

Stretch #10 Hamstring



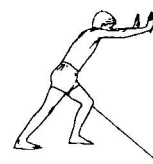
- Place hands behind knee, slowly straighten knee until a stretch is felt. Keep opposite leg straight on the floor.

Stretch #11 Hip Flexors



- Kneeling on one knee, slowly push pelvis down and forward until stretch is felt in the front of the hip.

Stretch #12 Wall Stretch



- Keeping back leg straight, with heel on floor and turned slightly outward, Lean into wall until a stretch is felt in calf.