

## UPPER-BODY STRETCHES



### SHOULDER ROLL

- Roll shoulders back in a full circle
- Roll shoulders forward in a full circle



### NECK STRETCH

- Tilt head to side
- Maintain a long neck
- Extend arm to side for full stretch



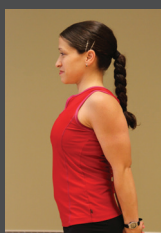
### ROTATOR CUFF STRETCH

- Place back of hand in center of back
- Reach hand around to touch fingers of hand on back
- Change sides



### BACK EXTENSION STRETCH

- Feet shoulder width apart
- Place hands in curve of spine at low back
- Push hips forward, don't tip head back



### SHOULDER & CHEST STRETCH

- Feet shoulder width apart
- Clasp hands behind back
- Slightly raise arms until you feel a stretch

## MID-BODY STRETCHES



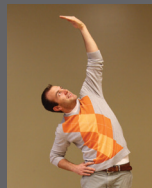
### WRIST STRETCH

- Bend wrist forward
- Flex wrist back
- Opposite hand on top to assist with stretch



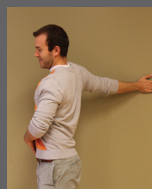
### PALM PRESS STRETCH

- Palms together
- Press & lower until you feel a stretch
- Do not raise shoulders!



### SIDE BENDING STRETCH

- Hand one waist, other above head
- Lean to side, focus eyes where neck feels neutral



### SIDE TURNING CHEST STRETCH

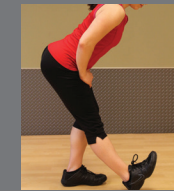
- Place one hand on opposite hip
- Extend other arm & lean towards wall slightly
- Do not twist body back



### CAT STRETCH

- Feet shoulder width apart
- Hands on thighs
- Round back, tucking chin to chest

## LOWER-BODY STRETCHES



### HAMSTRING

- Bend one knee
- Extend other leg in front of you & sit back until you feel a stretch
- Do not extend bent knee over toe



### QUAD

- Support body weight
- Grab ankle of one foot & bend knee
- Keep bent knee close to straight leg



### CALF

- Step forward with one leg, bend knee and place hands on thigh
- Back leg is straight
- Lean forward slightly to feel stretch along back leg, back toe pointing straight forward with heel pressing down



### HIP FLEXOR

- Legs as far apart as flexibility & balance will allow
- Slight lunge down
- Tuck tailbone under to feel stretch along front of the back hip



### INNER THIGH

- Bend one knee while extending other leg to side
- Lean towards bent knee
- Sit back to keep knee from extending over big toe