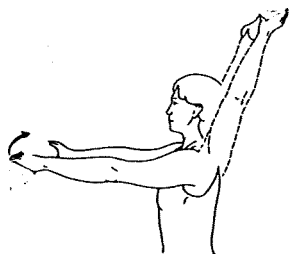


TOTAL BODY



Standing with hands grasping each other, inhale and move hands back over head until stretch is felt. Hold 10 seconds. Repeat 2 times. Do 3 sessions per day.

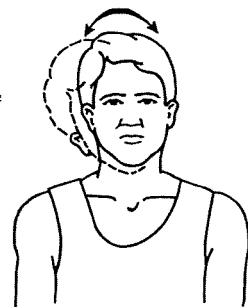
CHEST AND ABDOMEN



With hands in small of back, arch back until stretch is felt. Hold 10 seconds.

Repeat 2 times. Do 3 sessions per day.

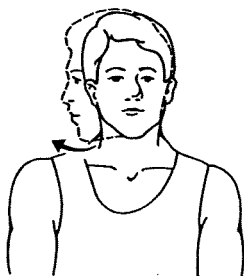
NECK



Slowly tilt head toward one shoulder. Hold 10 seconds. Repeat toward other shoulder.

Repeat 2 times. Do 3 sessions per day.

NECK



Turn head slowly to look over one shoulder. Hold 10 seconds. Repeat toward other shoulder.

Repeat 2 times. Do 3 sessions per day.

NECK EXTENSION NECK FLEXION

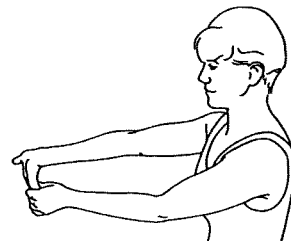


Bend head forward. Hold 5 seconds. Return to starting position.

Bend head backward. Hold 5 seconds. Return to starting position.

Repeat 1 times. Do 1 sessions per day.

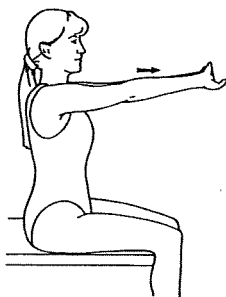
ARMS



Stretch arm out in front with elbow straight and palm facing away. With other hand, pull fingers backward until a stretch is felt over inside of forearm. Hold 10 seconds.

Repeat 2 times. Do 3 sessions per day.

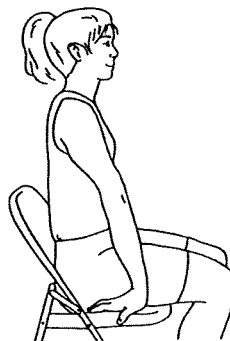
ARMS



With fingers interlaced and palms out, straighten arms in front of you until stretch is felt. Hold 10 seconds.

Repeat 1 times. Do 3 sessions per day.

ARMS



With palms flat and fingers pointing backward, slowly lean back until stretch is felt. Hold 10 seconds.

Repeat 1 times. Do 3 sessions per day.

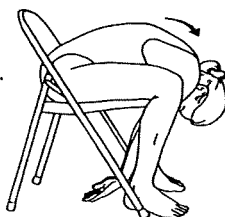
ARMS



Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 10 seconds.

Repeat 1 times. Do 2 sessions per day.

UPPER & LOWER BACK



Lean forward until stretch is felt. For greater stretch, move arms toward back legs of chair. To return, put forearms on knees and push up. Hold 10 seconds.

Repeat 2 times. Do 3 sessions per day.

SHOULDERS



With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 10 seconds.

Repeat 1 times. Do 2 sessions per day.

HIP OBLIQUE



From starting position, bend the body to the side as far as possible until stretch is felt. Hold 10 seconds. Repeat to other side.

Repeat 1 times. Do 2 sessions per day.

HAMSTRINGS

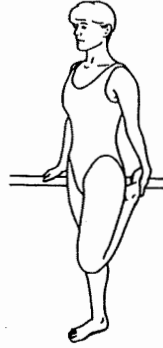
With foot on chair or stool, lean forward until stretch is felt. Hold 10 seconds. For more stretch, place foot on higher plane.



Repeat 2 times.
Do 3 sessions per day.

UPPER LEG

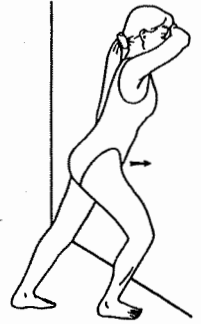
Pull heel toward buttocks until stretch is felt in front of thigh. Hold 10 seconds. Repeat with other heel.



Repeat 2 times.
Do 2 sessions per day.

LOWER LEG

With back leg straight, move hips forward until stretch is felt. Hold 10 seconds. Repeat with other leg.



Repeat 1 times.
Do 2 sessions per day.

GUIDELINES FOR STRETCHING

- ◆ Before each stretch, stand relaxed, with feet shoulder width apart, knees slightly bent...and keep your back straight by contracting your abdomen.
- ◆ Do the stretches at your own individual rate and ability. Remember, you're not competing.
- ◆ Stretch to the point of comfortable tension. Do not strain when you stretch.
- ◆ Hold each stretch and count slowly for 5 – 10 seconds.
- ◆ Do not bounce when stretching.
- ◆ Breathe in a relaxed manner.
- ◆ Make stretching part of your daily routine.
- ◆ If you have questions about your ability to perform any stretches, consult your physician.