

DAILY STRETCH AND FLEX EXERCISES

Make Stretching a Part of Your Daily Routine

Do the stretch at your own individual rate and ability. Remember, you are not competing.
Stretch to the point of comfortable tension. Do not strain or bounce when stretching.

UPPER BODY STRETCHES



SHOULDER SHRUG

- Look straight ahead with arms relaxed at your sides.
- Lift shoulders up toward your ears.
- Roll shoulders back as you return them to their natural position.

NECK STRETCH

- Look straight ahead, arms at your sides.
- Drop your left ear toward your left shoulder. Don't raise your shoulder.
- Take a deep breath, count to three and exhale.
- Return your head to an upright position. Don't roll your head forward or backward.
- Repeat exercise on opposite side.

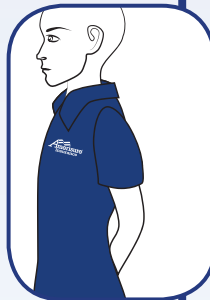


BACK EXTENSION

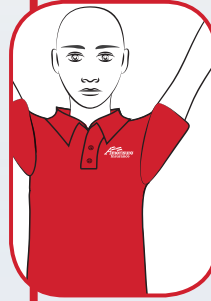
- Stand upright with feet shoulder-width apart.
- Place both hands on the small of your back.
- Lift your rib cage arching your back.
- Take a deep breath, count to three and exhale.
- Do not tip your head back.

SHOULDER STRETCH

- Stand upright with your feet shoulder-width apart.
- Clasp your hands behind your back.
- Raise clasped hands, bending your elbows slightly until you feel a stretch.
- Don't bend your body forward during the stretch.
- Take a deep breath, count to three and exhale.



MID-BODY STRETCHES



REACH HIGH

- Stand up straight with your feet shoulder-width apart.
- Stretch your arms over your head as high as you can.
- Spread your fingers.
- Take a deep breath, count to three and exhale.

WRIST CURL STRETCH

- With arms at your sides and your knuckles forward, make loose fists.
- Curl fists in the direction of your elbows.
- Take a deep breath, count to three and exhale.

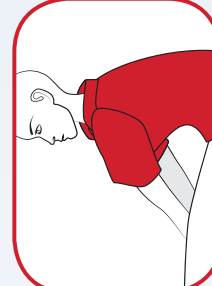


REACHING LATERAL SIDE STRETCH

- Stand upright with your feet shoulder-width apart and place your left hand across your waist.
- Reach overhead with right arm.
- Bend slightly to the left, letting the weight of your right arm create the stretch.
- Take a deep breath, count to three, exhale.
- Repeat exercise on opposite side.

LOWER SPINE & ABDOMINAL STRETCH

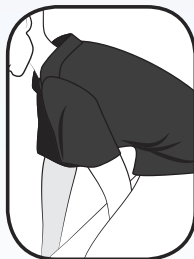
- Stand with your feet shoulder-width apart.
- Bend down, putting your hands on your slightly bent knees.
- Look up pointing your chin at the ceiling, creating an arch in your back.
- Take a deep breath. As you exhale, count to three, tuck your chin into your chest and round your back.



LOWER BODY STRETCHES

HAMSTRING

- Stand up straight, with your feet slightly apart. Slightly bend your left leg, putting hands on your left knee.
- Extend your right leg, keeping your heel on the floor. Look straight ahead.
- Increase stretch by bending your left knee more and pointing the toes of your right leg toward your chin.
- Take a deep breath, count to three, exhale and repeat exercise on opposite side.



QUAD

- Stand up straight with your feet slightly apart.
- Extend your left arm or use a wall for balance.
- Grasp your right ankle with your right hand and pull up toward your back.
- Keep your body in good alignment with your knees fairly close together.
- Take a deep breath, count to three, exhale and repeat exercise on opposite side.



CALF

- Stand up straight with your feet slightly apart.
- Step forward with your left foot. Bend and put both hands on your left knee.
- Bend your right leg, leaning slightly forward and keeping both feet flat on the floor.
- Take a deep breath, count to three, exhale and repeat exercise on opposite side.



Important: If you have questions about your ability to perform any stretch, consult your physician.