



DAILY STRETCHES

Best performed daily. Stretch in the morning to warm the body up or in the evening to release tension.
A stretch is found at the end range, but there should be no pain - do not bounce!

UPPER BODY

30 SECONDS EACH

1



Arm Swings

Swing your arms gently out and in across your body - patting your back.

2



Shoulder Shrugs

One at a time - do both together or rotate each side.

3



Shoulder Rolls

Put your arms out straight - move your shoulders back and forth.

4



Overhead Stretch

Link your hands and stretch them above your head.

5



Resisted Rotation

Place your right hand against right cheek, push for 5 seconds without movement. Turn left and gently push further and hold for 5 seconds. Repeat 3 times each side.

6



Behind Back Stretch

Touch your hands behind your back, keeping your head up. Repeat on other side.

LOWER BODY

30 SECONDS EACH

1



Cat Stretch

Alternate between lowering your head/rounding your back and lifting your head/arching your back.

2



Lumbar Stretch

Lying prone on your elbows allowing gentle lumbar stretch.

3



Child's Pose

Kneel on the ground, sit back on your heels and stretch your arms forward. Lower your chest toward your thighs and relax.

4



Knee to Chest

Pull your knee to your chest, hold and repeat on the other side.

5



Hamstring Stretch

Straighten leg to 90 degrees and extend and flex foot for 30 seconds. Repeat on the other side.

6



Spinal Twist

Lie on your back. Cross your right leg over your head as your left hand moves gently towards your knee across. Keep your right shoulder on the ground.