

# Daily Stretch

## GUIDELINES

- Never stretch to the point of pain.
- Do not bounce. Use slow, controlled movements.
- Do not hold your breath.
- Breathe normally and relax while stretching.
- Hold each stretch position 10 seconds.
- Repeat on opposite side when applicable.

### 1 SHOULDER & SIDE NECK

Place arm behind back, reaching toward opposite shoulder blade. Tilt head to side of straight arm.



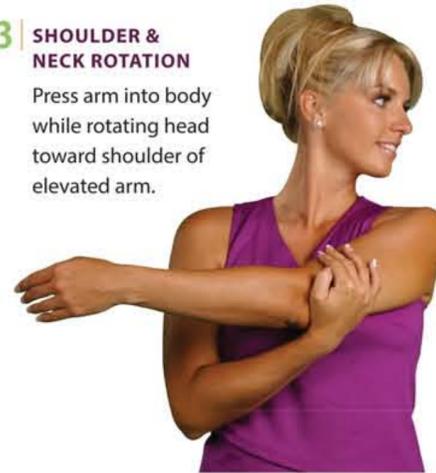
### 2 3-WAY NECK

Bend neck diagonally at 45 degree angle to right and hold. Repeat for the center and left positions.



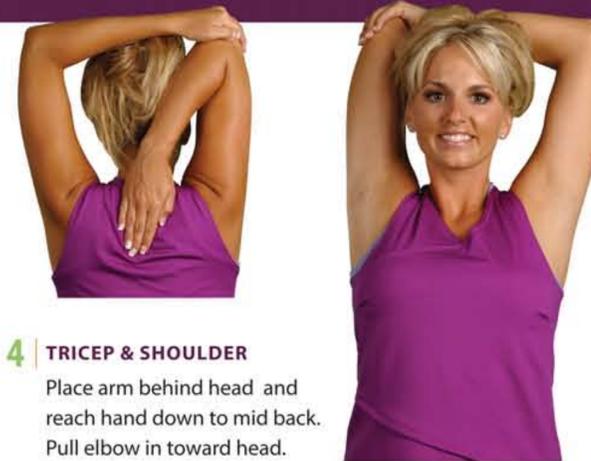
### 3 SHOULDER & NECK ROTATION

Press arm into body while rotating head toward shoulder of elevated arm.



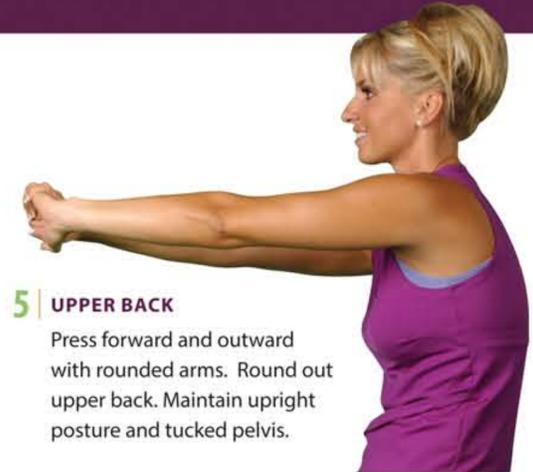
### 4 TRICEP & SHOULDER

Place arm behind head and reach hand down to mid back. Pull elbow in toward head.



### 5 UPPER BACK

Press forward and outward with rounded arms. Round out upper back. Maintain upright posture and tucked pelvis.



### 6 FOREARM FLEXORS & EXTENSORS

Grasp palm side of hand, fingertips pointing up. Keep elbow straight and pull hand toward body. Repeat with fingertips pointing down.



### 7 HAND, WRISTS & FINGERS

Separate and straighten fingers and hold. Next, bend at knuckles and hold. Finish by making fist and curling wrists in.



### 8 TRUNK SIDE BEND

Place hand on hip. Fully extend free arm by reaching up and overhead.

### 9 QUADRICEPS

Holding a solid support, bend leg back. Keep knee in line with hip and tuck pelvis forward.



### 10 HAMSTRINGS & LOWER LEG

Extend leg out with toes pointing up. Bend forward at hips, while maintaining flat back.



### 11 LOW BACK EXTENSION

Place your hands on your low back and arch back gently. Your neck should remain fairly straight.



### 12 HIP & PIRIFORMIS

Cross leg over so foot is resting on opposite knee. Maintain flat back and bend forward at hips. Bring chest out toward leg.



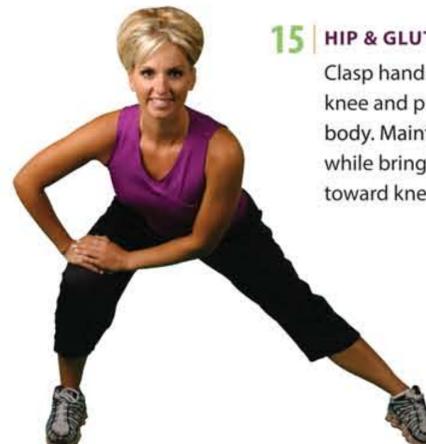
### 13 BACK ROTATION

Place arm on outside of opposite leg and apply pressure to rotate torso. Use chair to assist with rotation movement.



### 15 HIP & GLUTEALS

Clasp hands around knee and pull in toward body. Maintain flat back, while bringing chest out toward knee.



### 14 INNER THIGH

From a wide stance, feet forward, shift weight to one side. Bend forward at hips, while maintaining flat back.



### 16 LOW BACK & HAMSTRINGS

Extend leg out on chair. Bend forward at hips, keeping shoulders back and back flat. Repeat with toes pointed forward.

