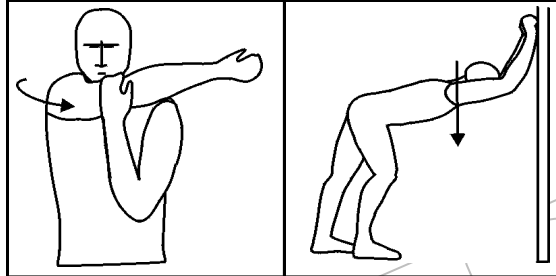




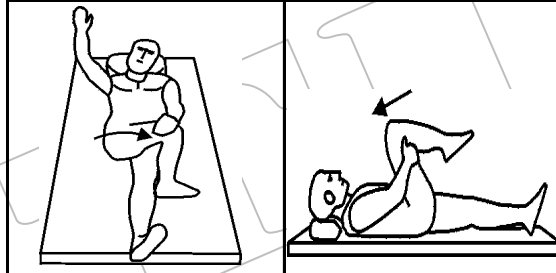
Neck Stretch

1. Keep the spine vertical and both shoulders relaxed down away from the ears. Tilt the head so that one ear moves close to the shoulder. Breathe.
2. Place one hand on the lap. Keep the spine vertical and both shoulders relaxed. Tilt the head and use the arm to pull head closer to shoulder.



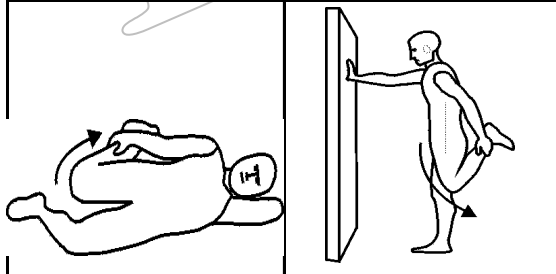
Shoulder Stretch

1. Keep the spine vertical. Relax the neck and both shoulders. Bring extended right arm across body without rotating through the spine. Repeat left.
2. Place forearms against wall, allow your body weight to push down towards to floor. Keep lower back flat.



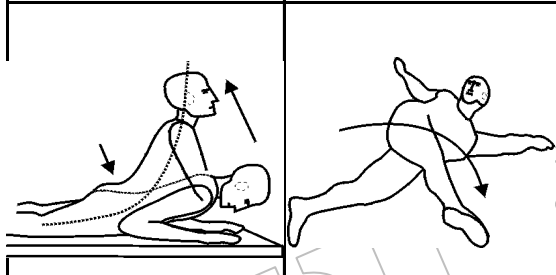
Hip Stretch

1. Lay comfortably; bend one knee and use opposite hand to guide knee across body, rotating the spine. Keep both shoulders on floor.
2. Lay comfortably; bend one knee and clasp hands behind thigh near the knee. Pull knee toward chest.



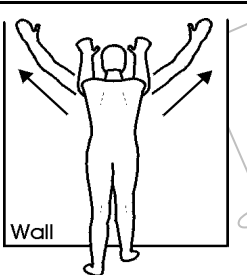
Knee Stretch

1. Lay on side; bend both knees. Top arm reaches for top ankle. Pull the foot toward your shoulder.
2. Use one hand placed against wall to keep balance. The other hand will grasp the same leg near the ankle.



Back Stretch:

1. Ignore the first stretch if have lower back pain.
2. Lay on back, legs extended, arms T-ed out from body. Keep both shoulders near floor as one leg lifts and crosses body.
3. Stand with palms on wall, arms relaxed. Start w/deep inhale, expanding rib cage. On next inhale, hands slide up and away from shoulders. Palms press firmly into wall pushing shoulder blades back from the body and towards one another, chest pressing forward.



- 1) Do not "bounce" the stretch
- 2) Hold the stretch 20-30 seconds
- 3) Breathe slowly & rhythmically
- 4) Start slow & stretch gently
- 5) A stretch is never painful
- 6) The muscles should feel relaxed while stretching
- 7) Stretch after you've warmed up the muscles