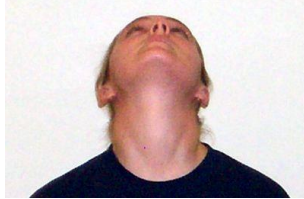




FORWARD FLEXION

1. Bring your chin down toward your chest - feel the stretch in the back of your neck
2. Hold that position for 5 to 10 seconds
3. Bring your head back as if you are looking toward the ceiling
4. Feel the stretch in the muscles in your throat
5. Hold that position for 5 to 10 seconds



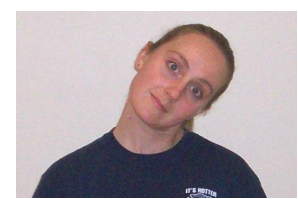
EXTENSION

1. Bring your chin down toward your chest - feel the stretch in the back of your neck
2. Hold that position for 5 to 10 seconds
3. Bring your head back as if you are looking toward the ceiling
4. Feel the stretch in the muscles in your throat
5. Hold that position for 5 to 10 seconds



ROTATION

1. Look over your right shoulder, feel the stretch on the left side of your neck
2. Hold for 5 to 10 seconds
3. Repeat to the left shoulder



SIDE BENDS

1. Tilt your ear toward your shoulder in a 'thoughtful pose'
2. Hold for 5 to 10 seconds
3. Repeat to opposite shoulder



DIAGONALS

1. Rotate your head part way to your (Right or Left) shoulder
2. Nod your head down and look into your pocket with your chin - you will feel the stretch on the opposite side you're looking
3. Hold for 5 to 10 seconds
4. Repeat to opposite pocket



CHIN TUCK

1. Tuck the chin straight back like you're trying to make a double chin
2. Do NOT tuck the chin down
3. Feel the stretch at the base of your skull & down the back of your neck
4. Hold for 5 to 10 secs



A

1. Bring shoulders up toward ceiling
2. Roll them backwards drawing a circle
3. Draw 5 to 10 circles

B

1. Bring shoulders up toward ceiling
2. Roll them forward drawing a circle
3. Draw 5 to 10 circles

Some crackling may be heard during motion - NO PAIN should be felt
If large circles are uncomfortable, start with smaller rolls



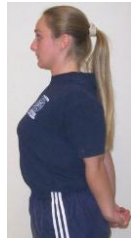
B

SHOULDER ROLLS



DOORWAY

1. Stand a short distance back from doorframe
2. Place hands shoulder height on doorframe
3. Keep back straight & chin up
4. Gently lean thru doorway
5. Feel the stretch in the front of the shoulders & thru the chest
6. Hold 5 to 10 seconds
7. Lower hands if this hurts shoulders



CHEST/SHOULDER

1. Grasp hands behind buttocks
2. Slide hands straight down over buttocks
3. Pull the shoulders back
4. Stick chest out
5. Feel the stretch in the front of the shoulders - slightly higher than with the doorway
6. Hold 5 to 10 seconds



SIDE STRETCH

1. Stand in a comfortable stance with feet apart
2. Place hands on hips
3. Reach right arm up & over the top of your head
4. Lean gently to the left
5. Feel the stretch down the right torso
6. Hold 5 to 10 seconds
7. Repeat on left side



THUMB

1. Start with both palms up
2. Reach right hand under left to grab left thumb
3. Gently pull left thumb down toward floor & back toward elbow
4. Hold for 5 to 10 seconds
5. Repeat on right side



PALM UP/ELBOW BENT

1. On left arm, keep elbow bent & palm up
2. Reach across with the right hand
3. Gently push the left hand down
4. Make sure to keep the left hand relaxed
5. Hold for 5 to 10 seconds
6. Repeat on right side
7. Stretch will be felt through the wrist



PALM UP/ELBOW STRAIGHT

1. On left arm, keep the elbow straight and palm up
2. Reach across with the right hand
3. Gently push the left hand down
4. Make sure to keep the left hand relaxed
5. Hold for 5 to 10 seconds
6. Repeat on right side
7. Stretch will be felt through the forearm



PALM DOWN/ELBOW BENT

1. On left arm, keep elbow bent & palm down
2. Reach across with the right hand
3. Gently push the left hand down
4. Make sure to keep the left hand relaxed
5. Be sure to push on back of hand rather than fingers
6. Hold for 5 to 10 seconds
7. Repeat on right side
8. Stretch will be felt through the wrist



PALM DOWN/ELBOW STRAIGHT

1. On left arm, keep the elbow straight & palm down
2. Reach across with the right hand
3. Gently push the left hand down
4. Make sure to keep the left hand relaxed
5. Be sure to push on back of hand rather than fingers
6. Hold for 5 to 10 seconds
7. Repeat on right side
8. Stretch will be felt through the forearm

CCSDC



QUADRICEPS

1. Keep your balance by leaning against a wall, counter top, banister, etc.
2. Bend your knee and grab your foot/ankle with your hand on the same side (left hand grabs left foot)
3. Point your knee down toward floor
4. Stand up straight
5. Hold 5 to 10 seconds
6. Repeat on opposite side
7. Stretch should be felt down the front of your thigh
8. Hold the back of your pant leg if you're too tight to reach the foot/ankle



HAMSTRING

1. Prop your heel on a stool or stairway at a comfortable height
2. Keep both legs straight
3. Stand up straight and keep good posture
4. Lean gently forward at your hip, sticking your chest out and keeping your chin up
5. Rest hands comfortably on upper thigh of leg to be stretched
6. Hold 5 to 10 seconds
7. Stretch should be felt from buttock down back of leg to back of knee

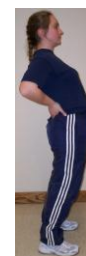
*It is essential to keep your back straight and not 'aim your forehead at your kneecap' in order to stretch the entire hamstring properly



CALF

1. Lean against a wall, counter top, banister, etc.
 2. Stagger your step
 3. Keep the back leg straight and heel on the floor
 4. Bend front knee in toward wall
 5. Hold 5 to 10 seconds
 6. Stretch should be felt in the calf of the back leg
 7. Alternate with foot straight, toe out, and toe in to stretch different parts of calf
- There are numerous ways to stretch the calf muscles - this is just one demonstration

See reverse side →



BACK EXTENSION

1. Stand with hands on low back for support & balance
2. Keep knees somewhat straight
3. Keep chin down
4. Gently push hips and pelvis forward
5. Stretch should be felt in low back - the object is NOT to try to touch your head to the floor behind you - the movement is small and subtle



PSOAS

Pronounced "Zoaz"

1. Kneel on one knee in a 'lunge' position on a cushion
2. Keep upper body upright - do not lean forward
3. Front leg should be in front of you far enough that when you push forward to stretch, the knee does not pass overtop your toe
4. The hips and upper body move together in a forward motion
5. Stretch should be felt in the groin of the leg you're kneeling on
6. Hold 5 to 10 seconds
7. Repeat on opposite side



A CAT CRAWLS

1. Position yourself on all fours with hands directly beneath your shoulders and knees directly beneath your hips
 - A) Arch your back like a scared cat - aiming the arched back up toward the ceiling then slowly transition to...B
 - B) Slinking cat position - sagging the back and aiming the bellybutton down toward the floor
2. Repeat 5 to 10 times
- The Cat-Crawl is intended to be performed slowly so the emphasis is on motion rather than "pushing" at the end ranges of flexion and extension



B



STRAIGHT LEG RAISE

1. Lying on your back in bed or on the floor, bend both knees (keep your feet on the floor/bed)
2. Bring one leg up using both hands
3. Slowly straighten leg toward ceiling until stretch is felt down the back of the leg
4. Hold for 5 to 10 seconds
5. Repeat on opposite side



KNEE TO CHEST

1. Lying on your back in bed or on the floor, bend both knees (keep your feet on the floor/bed)
 2. Begin the exercise by drawing one of your knees straight to your chest, using both hands (only one foot is in the air)
 3. Hold 5 to 10 seconds
 4. Repeat on opposite side
- You'll feel the whole back gets stretched.



KNEE TO OPPOSITE SHOULDER

1. Lying on your back in bed or on the floor, bend both knees (keep your feet on the floor/bed)
 2. Begin the exercise by drawing one of your knees to your chest - aim your knee at the opposite shoulder (ex. Right knee toward left shoulder)
- You'll feel the stretch in the outer buttock area across the hip and up through the lower back



PIRIFORMIS

1. Lying on your back in bed or on the floor, bend both knees (keep your feet on the floor/bed)
2. Place right ankle on left knee (make a 'Figure 4')
3. Gently push down on right knee
4. Hold 5 to 10 seconds
5. The stretch will be felt in the right piriformis (buttock)
6. Repeat on opposite side

