

Neck Flexion

- Stand up straight
- Bend head toward chest with eyes looking forward. Do not over flex
- Hold for a minimum of 20 seconds



Neck Extension

- Stand up straight
- Lift chin up but do not over extend
- Eyes should be looking forward not at the ceiling
- Hold stretch for a minimum of 20 seconds



Upper Back

- Stand up straight
- Lace finger and extend arms forward leaving a bend in your elbows
- Round shoulders forward and tighten your abdominals
- Hold stretch for a minimum of 20 seconds



Chest

- Stand up straight
- Extend arms behind with thumbs up
- Keep arms straight
- Hold a minimum of 20 seconds



Biceps

- Stand next to a wall facing sideways placing palm on wall straight out from shoulder
- Keep body straight
- Hold stretch a minimum of 20 seconds

A



- Stand straight lacing fingers behind your back
- Lift arms out from body with no bend in elbow
- Hold stretch for minimum of 20 seconds

B



Triceps

- Lift one arm up and place hand just below neck on opposite side
- Grab onto raise arm with opposite hand behind head
- Hold below the elbow pulling arm close to your ear and elbow pointed forward
- Hold a minimum of 20 seconds

A



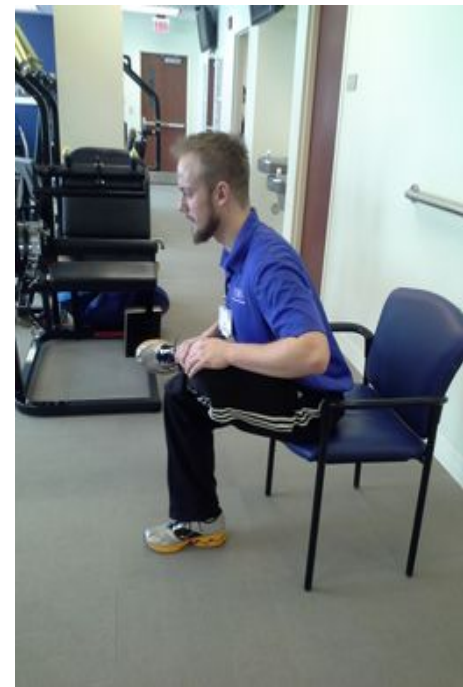
- Cross arm toward opposite shoulder
- Hold above elbow lifting arm up
- Repeat with other arm
- Hold a minimum of 20 seconds

B



Inner Hip

- Sit on the edge of a chair
- Cross ankle over opposite knee
- Lean forward from the hip with a flat back
- Head is held up looking forward
- Hold for a minimum of 20 seconds



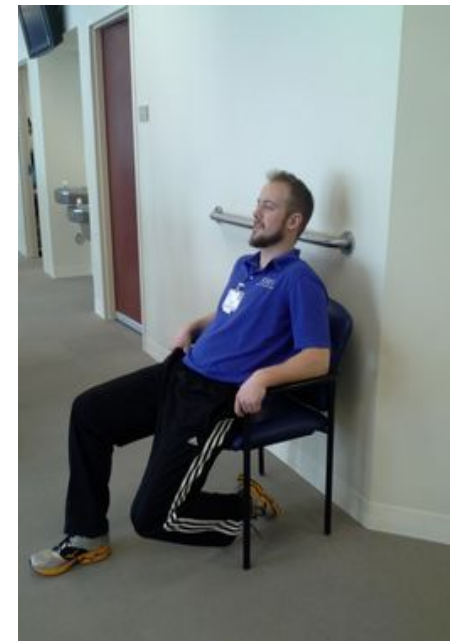
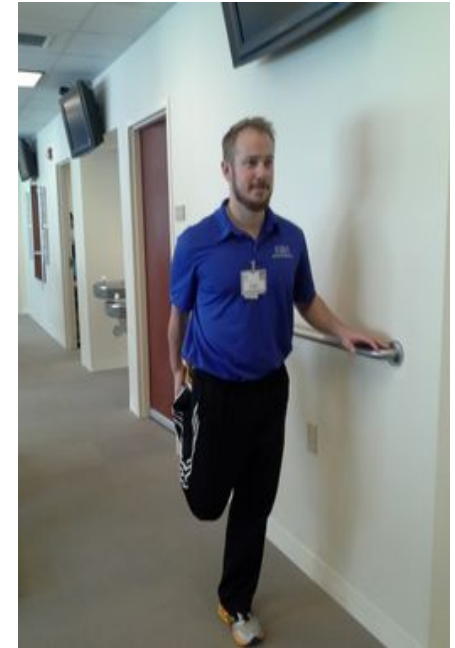
Outer Hip

- Sit on the edge of a chair with legs wide apart
- Point toes out diagonally and lean forward at the hip
- Keep your back flat and head forward
- Hold for a minimum of 20 seconds



Quadriceps

- Stand up straight holding onto an object for support
 - Hold foot on same side hand
 - Knee is bent and pointed down. Keep knee close to other knee
 - Hold for a minimum of 20 seconds
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- Sit on the edge of a chair
 - Lean back and place one leg under chair with top of shoe on carpet
 - Knee points toward carpet
 - Hold for minimum of 20 seconds
 - Repeat for other leg



Hamstrings

- Sit on edge of chair
- Place the heel of one foot forward with leg straight and toe pointed toward ceiling
- Lean forward at the hip with a flat back reaching for the toes
- Keep head up
- Repeat for other leg
- Hold for a minimum of 20 seconds

A



- Sit on the floor with one leg stretched out diagonally and the other leg bent
- Reach for the straight leg keeping the back straight and head up
- Repeat for other leg
- Hold for minimum of 20 seconds

B



Calf Stretch

- Stand with forearms on the wall
- Step back with one leg with toes on floor and pointed forward keeping leg straight
- Place other foot with toe against the wall and leg bent
- Lean in keeping a straight back with head up
- Hold for a minimum of 20 seconds

