















Flexibility/Stretching Exercises

Neck Stretch

- Tilt ear toward shoulder.
- Reach up and touch top of head with palm to hold in tilted position.
- Hold 5-10 seconds. Repeat 2-3 times (come out of stretch very slowly.) Reverse side.
- Pec Corner Stretch

· Stand at a corner about a foot away from

- the wall with forearms on opposite sides of the corner. One foot should be forward.
- · Elbows should be at slightly below shoulder height.
- Keep abdominals tight to avoid arching
- · Lean gently in towards corner by bending the front knee until a stretch is felt in front of the chest.
- Hold 5-10 seconds. Repeat 2-3 times.

Overhead Reach

- Take a deep breath and reach up over head with both arms.
- Hold 5-10 seconds.
- Exhale and lower slowly.
- Repeat 2-3 times

Shoulder Pinch

- Place arms behind head being careful not to press hand into head.
- Relax shoulders, and squeeze shoulder blades together while keeping shoulders back and down.
- Hold 5-10 seconds. Repeat 2-3 times.

Chair Rotation Stretch

- Sit in chair, and if you can, wrap feet around chair legs.
- · Reach across body and grab back of chair.
- Pull gently to increase stretch in mid back.
- Hold 5-10 seconds. Repeat 5 times.

Arms Behind Back Stretch

- Hold hands behind back, and grasp hands
- Pull shoulder blades back and down.
- Hold 5 seconds. Repeat 5 times.

Wrist flexed/fingers straight

Repeat 2-3 times.

- Hold arm straight at waist height. With fingers of other hand, gently press
- down above the knuckles-bending wrist down. **(Do not hold at the fingers to push down.)** Hold for 5-10 seconds. Keep shoulder relaxed when stretching.

- Wrist extended/fingers point up Hold arm straight at waist height with palm facing away from you and fingers pointing
 - · Hold onto palm of hand and stretch wrist back. ** (Do not pull on fingers.) **
 - Make sure the fingers and thumb (on the hand that is pushing the other hand back) are kept together. Hold 5-10 seconds. Repeat 2-3 times.

Do as above, but with fingers pointing

Wrist extended/fingers point down

- towards the floor. Hold 5-10 seconds. Repeat 2-3 times.

Lie on your back with a pillow under your

Thoracic Spine Extension Stretch

- knees. Place a firmly rolled towel under your shoulder blades across your upper back. · Raise arms up as you inhale. Lower arms as you exhale, and hold a
- couple of seconds. . Do this 5 times.

Prop Ups or Press Ups

Lie on stomach and either prop up on

- forearms, or if wrists are not compromised, press up through hands. Let stomach sag, and allow back to arch
- without using back muscles. If propped on elbows, hold 5-10 seconds. Repeat 5 times.
 - times.

If on hands, press up and down slowly 10