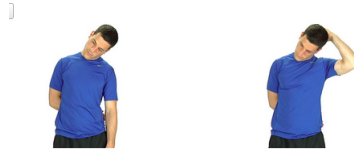




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 Weymouth: 15 Winter Court, 2nd Floor 781-340-1480
 Plymouth: 45 Resnik Road 508-340-1480
 Boston/North Station: 30 Lancaster Street 617-367-4700



- o Sit or stand in good upright posture, with the arm on the tight side reaching back and down behind your back.
- o Drop your head forward onto your chest, tip your head away from the stiff side, and rotate your head toward the stiff side.
- o Bring your opposite hand up onto the side of your head to assist in the stretch.
- o Reach further behind your back to increase the stretch if needed.
- o Return to the start position and then repeat.



- o Standing or seated, give yourself a hug.
- o Gently bring your chin to your chest.
- o You should feel a nice stretch, not pain



- o Stand up next to a wall corner or doorway.
- o Place your forearm along the wall.
- o Lean your body forward until you feel a stretch across your chest and the front of your arm.
- o To emphasize the upper chest, place the arm lower than horizontal, to stretch more the middle portion, place the arm perpendicular and to stretch the lower portion, place the arm higher than parallel.



- o Stand and place both hands on a wall, with your feet about half a meter from the wall.
- o Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
- o Maintain the stretch and relax.



- o Stand and place both hands on a wall, with your feet about half a meter from the wall.
- o Place one leg behind the other and slowly bend the knees while keeping the heels on the floor until you feel a stretch in the calf of the back leg.
- o Maintain the stretch and relax.



- o Sit with straight back and cross one leg over the other.
- o Hold your knee with the opposite arm and pull your knee across your chest towards the opposite shoulder until you feel a stretch on the outside leg and/or buttock.
- o Maintain the position and relax.



- o Start in kneeling position.
- o Extend one leg behind you.
- o You should feel a stretch in front of your extended hip.
- o Do not arch your lower back.



- o Lie on your stomach and place a towel or belt around your ankle.
- o Bend your knee by pulling on the towel until you feel a stretch.
- o Maintain the stretch and relax.
- o Do not arch your back during the stretch. You can put a pillow under your hips for more comfort.