

Daily Stretching Exercises

1. Relax into each stretch 2. Do not bounce 3. Hold each stretch for 30 seconds

Back



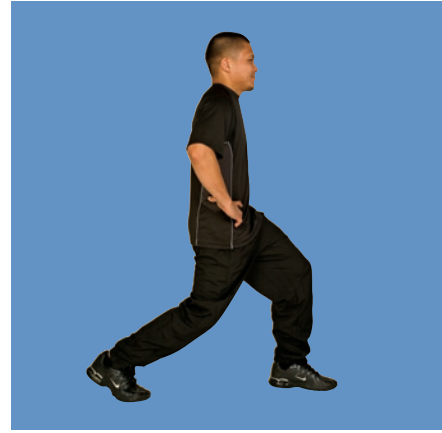
Front Bend: Feel stretch in lower back & legs

- Bend forward at waist
- Keep hands on thighs
- Relax head, neck, and shoulders



Standing Knee to Chest: Feel stretch in upper leg

- Use wall or chair for support
- Raise knee toward chest
- Hold knee with free hand(s)



Standing Hip Flexor: Feel stretch in hips

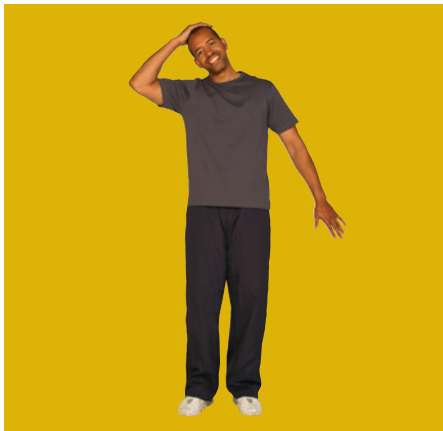
- Slide one leg behind you; knee bent, heel raised
- Bend front knee
- Push hips forward



Standing Hamstring: Feel stretch in back of leg

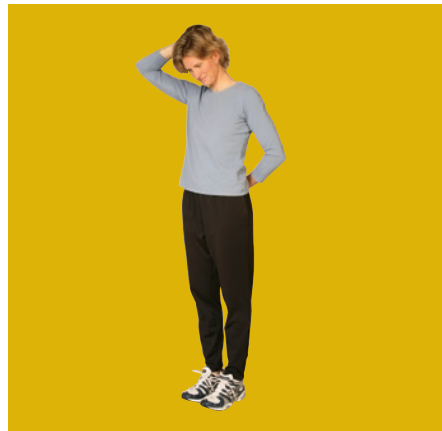
- Stand with one leg in front, toes flexed
- Place weight on back leg
- Rest palms on rear leg to support body weight
- Bend forward at waist

Neck & Shoulders



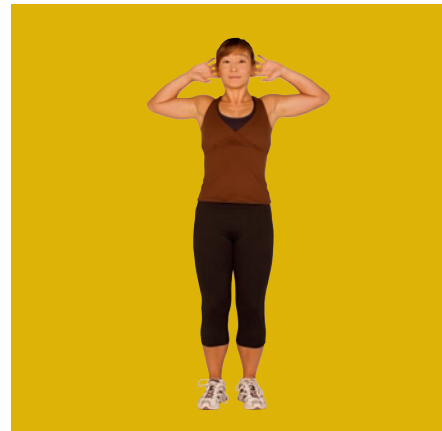
Head Side Bend: Feel stretch along side of neck

- Bend neck gently to one side
- Relax shoulders
- Use light support from hand, if needed



Head Front Bend: Feel stretch in back of neck

- Let your head hang forward, toward chest
- Relax shoulders
- Use light support from hand, if needed



Chest Opener: Feel stretch in chest & shoulders

- Place both hands gently behind head
- Stretch elbows wide to each side
- Pull shoulder blades together



Side Bend: Feel stretch along side of the body

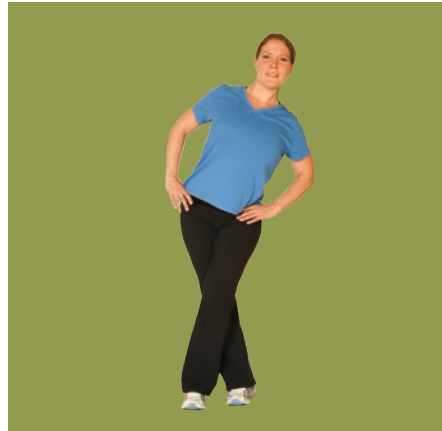
- Raise hands overhead
- Interlace fingers, if possible
- Slowly lean to one side

Hips & Legs



Hip Circles: Feel increased movement in hips

- Place hands on hips
- Slowly make 10 circles in one direction
- Repeat 10 circles in opposite direction



Cross Over: Feel stretch along side of leg & hip

- Cross one foot in front of the other
- Slowly lean toward the rear foot
- Press hips to the side
- Switch feet to repeat on opposite side



Quad Stretch: Feel stretch in front of bent leg

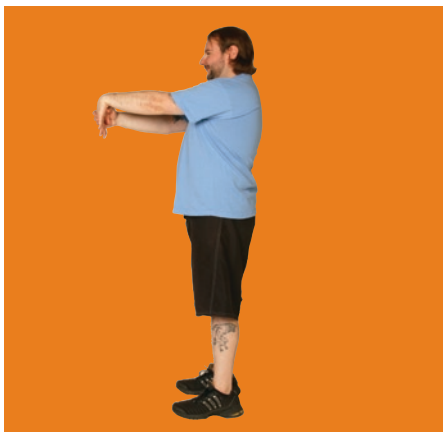
- Use a wall or chair for support, if needed
- Stand on one foot and bend other leg back
- Grasp top of ankle or forefoot with hand
- Gently pull heel towards body



Side Lunge: Feel stretch in inner thigh

- Take a wide step to one side
- Shift your weight by bending one knee
- Keep other leg straight, and feet flat on the ground

Arms & Hands



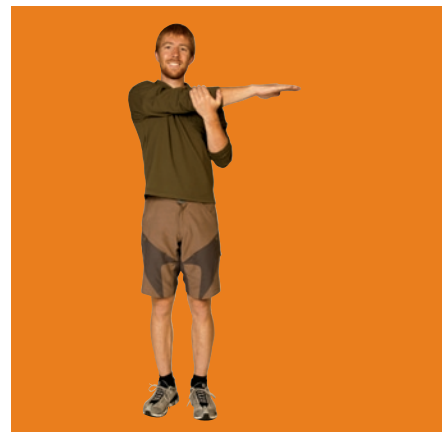
Wrist Flexion/Extension: Feel stretch in wrist & forearm

- Extend arm at length
- Turn palm downward
- Apply light pressure with opposite hand
- Can be repeated with palm facing upward



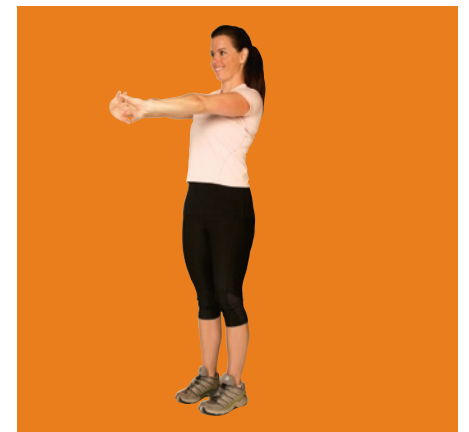
Shoulder Circles: Feel increased movement in back & shoulders

- Let arms relax at sides
- Slowly make 10 large circles by pulling shoulders up, back, and down



Shoulder Cross Over: Feel stretch in shoulder & upper arm

- Lengthen arm in front of chest
- Use free hand to gently press arm closer to body
- Keep shoulders relaxed
- Repeat on opposite side



Extended Arm Stretch: Feel stretch in upper back & arms

- Interlace fingers and reach arms in front of body
- Palms should be facing forward
- Keep shoulders relaxed and even