

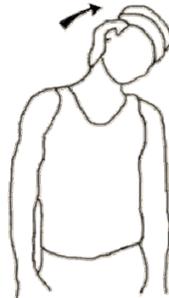
stretches for side of neck:

Sit or stand with arms hanging loosely at sides
Turn head to one side, then the other
Hold for 5 seconds, each side
Repeat 1 to 3 times



Stretches side of neck

Sit or stand with arms hanging loosely at sides
Tilt head sideways, first one side then the other
Hold for 5 seconds
Repeat 1-3 times



Stretches back of neck

Sit or stand with arms hanging loosely at sides
Gently tilt head forward to stretch back of neck
Hold 5 seconds
Repeat 1-3 times



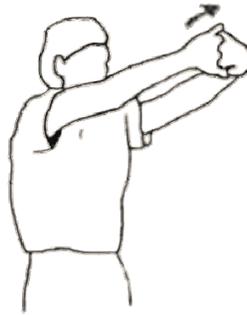
Stretches side of shoulder and back of upper arm

Stand or sit and place right hand on left shoulder
With left hand, pull right elbow across chest toward left
shoulder and hold 10 to 15 seconds
Repeat on other side



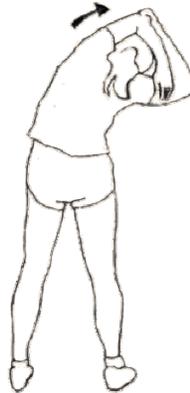
Stretches shoulder, middle back, arms, hands, fingers, wrist

Interlace fingers and turn palms out
Extend arms in front at shoulder height
Hold 10 to 20 seconds, relax, and repeat



Stretches triceps, top of shoulders, waist

Keep knees slightly flexed
Stand or sit with arms overhead
Hold elbow with hand of opposite arm
Pull elbow behind head gently as you slowly lean to side until mild stretch is felt
Hold 10 to 15 sec
Repeat on other side



Stretches middle back

Stand with hands on hips
Gently twist torso at waist until stretch is felt
Hold 10 to 15 sec
Repeat on other side
Keep knees slightly flexed



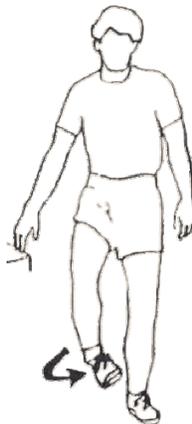
Stretches side of hip, hamstrings

Sit on floor with right leg straight out in front
Bend left leg, cross left foot over, place outside right knee
Pull left knee across body toward opposite shoulder
Hold 10 to 20 seconds
Repeat on other side
Breathe easily



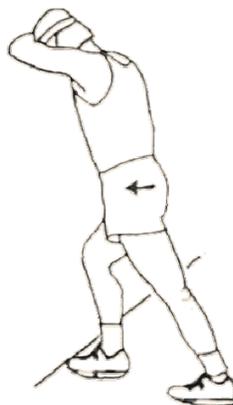
Stretches ankles

Stand and hold onto something for balance
Lift right foot and rotate foot and ankle 8 to 10 times clockwise, then 8 to 10 times counterclockwise.
Repeat on other side (Note: can also be done sitting)



Stretches calf

Stand a little way from wall and lean on it with forearms, head resting on hands
Place right foot in front of you, leg bent, left leg straight behind you
Slowly move hips forward until you feel stretch in calf of left leg
Keep left heel flat and toes pointed straight ahead
Hold easy stretch 10 to 20 seconds
Do not bounce
Repeat on other side
Do not hold breath



Stretches front on thigh (quadriceps)/ ankle

Standing straight, grasp top of left foot at toes with right hand
Pull heel toward buttock
hold 10 to 20 sec
Repeat on other side



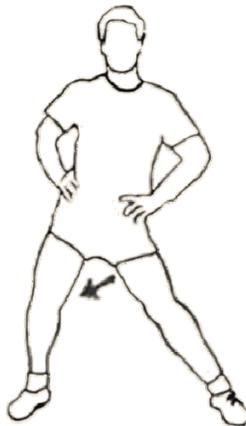
Relaxes hamstrings, stretches calves, achilles, and ankles

Stand with feet shoulder-width apart
Keep heels flat, toes pointed straight ahead
Assume bent knee position (quarter squat)
Hold 30 sec



Stretches inner thigh, groin

Stand with feet pointed straight ahead, a little more than shoulder-width apart
Bend right knee slightly and move left hip downward toward right knee
Hold 10 to 15 seconds
Repeat on other side
If necessary, hold on to something (chair, etc.) for balance



Stretches lower back, side of hip, and neck

Sit on floor with left leg straight out in front
Bend right leg, cross right foot over, place outside left knee
Bend left elbow and rest it outside right knee
Place right hand behind hips on floor
Turn head over right shoulder, rotate upper body right
Hold 10 to 15 seconds
Repeat on other side
Breathe in slowly



Stretches back of leg and lower back

Sit on floor, legs straight out at sides
Bend left leg in at knee
Slowly bend forward from hips toward foot of straight leg until you feel slight stretch
Do no dip head forward at start of stretch
Hold this developmental stretch 10 to 20 seconds
Repeat on other side
Foot of straight leg upright, ankles and toes relaxed
Use a towel if you cannot easily reach your feet



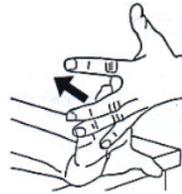
Stretches shoulders, arms, hands, feet and ankles

Lie on floor, extend arms overhead, keep legs straight
Reach arms and legs in opposite directions
Stretch 5 sec, relax



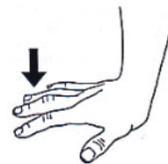
Stretches Wrist

Rest right forearm on edge of desk. Grasp fingers of left-hand and gently bend back wrist. Hold for five seconds then repeat, switching to the left forearm.



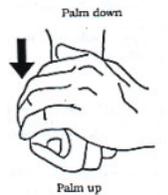
Stretches Wrist

2. Gently press against table stretching fingers and wrist for five seconds



Stretches Wrist

3. Make a loose fist and gently press down against clenched hand, keeping the wrist straight in these two positions:



Stretches Wrist

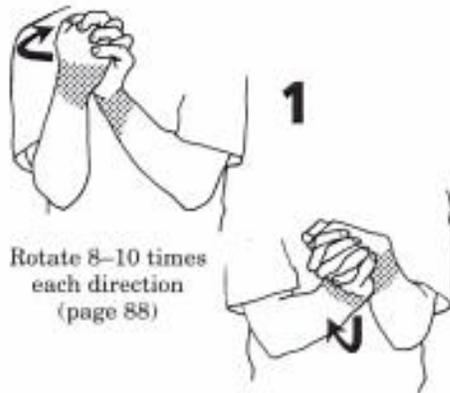
4. Tightly clench hand and release, fanning out fingers. Repeat five times.



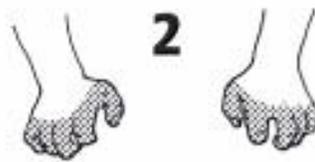
Stretches for the Hands, Arms & Shoulders

Approximately 4 Minutes

This series of stretches works for repetitive stress problems in the hands and arms. Breathe naturally, stay comfortable, and be relaxed as you stretch.



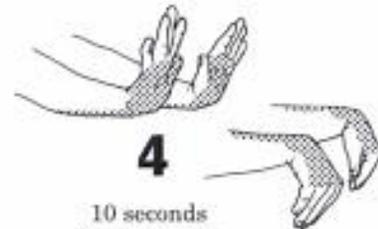
1
Rotate 8-10 times
each direction
(page 88)



2
5-6 seconds
2 times
(page 88)



3
10 seconds
2 times
(page 88)



4
10 seconds
each position
(page 88)



5
3-5 seconds
3 times
(page 46)



6
5-6 seconds
2 times
(page 28)



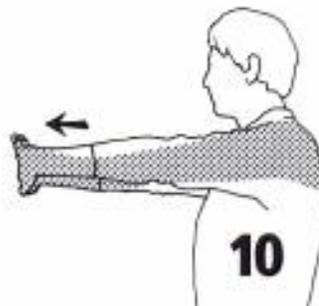
7
5-10 seconds
each side
(page 92)



8
15 seconds
each arm
(page 43)



9
15 seconds
each arm
(page 47)



10
20 seconds
(page 45)



11
10-15 seconds
(page 47)

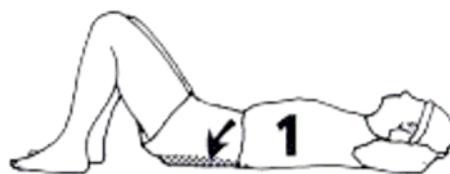


12
15 seconds
(page 46)

Stretches for the Neck, Shoulders & Arms

Approximately 5 Minutes

Many people carry stress in their neck and shoulder area. This stretching routine will help with that problem. Do these stretches throughout the day. Breathe deeply and relax.



5-6 seconds
(page 29)



3-5 seconds
2 times
(page 27)



5-6 seconds
2 times
(page 28)



8-10 seconds
each side
(page 29)



10 seconds
2 times
(page 46)



5 seconds
2 times
(page 46)



8-10 seconds
each side
(page 44)



8-10 seconds
each side
2 times
(page 47)



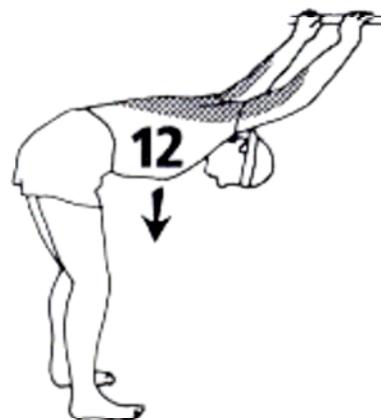
15 seconds
each arm
2 times
(page 44)



15-20 seconds
each arm
(page 43)



15-20 seconds
(page 47)



15-20 seconds
(page 81)

Stretches for the Legs, Groin & Hips

Approximately 7 Minutes

Stretch comfortably after a light warm-up of walking in place or riding a stationary bike for 2-3 minutes. Remember to stretch with control as you gradually limber up. Relax and breathe rhythmically.



15-20 seconds
each leg
(page 71)



15-20 seconds
each leg
(page 75)



Hold for
20-30 seconds
(page 55)



10-15 seconds
(page 54)



10-15 seconds
each leg
(page 53)



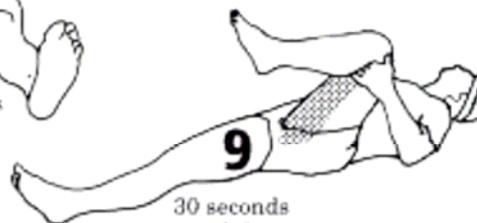
20-30 seconds
(page 58)



15-30 seconds
each leg
(page 61)



10-15 seconds
each leg
(page 35)



30 seconds
each leg
(page 63)



10-20 seconds
each leg
(page 58)



30 seconds
(page 26)



15-20 seconds
each leg
(page 36)

Stretches for Lower Back Tension

Approximately 6 Minutes

These stretches are designed for the relief of muscular low back pain and are also good for relieving tension in the upper back, shoulders, and neck. For best results do them every night just before going to sleep. Hold only stretch tensions that feel good to you. *Do not overstretch.*



30 seconds
(page 26)



10-12 seconds
2 times
(page 46)



15-20 seconds
each leg
(page 51)



5-15 seconds
2 times
(page 33)



20-30 seconds
each leg
(page 63)



Contract 3-5 seconds,
then relax
2 times
(page 27)



Contract 5-8 seconds,
then relax
2 times
(page 29)



Rock gently back and forth
15-20 times
(page 26)



15-30 seconds
each leg
(page 27)



10-15 seconds
each leg
(page 32)



10-15 seconds
2 times
(page 63)



5 seconds
2 times
(page 30)

Before and After Gymnastics

Approximately 8 Minutes

Warm up for 4–5 minutes by walking or jogging before stretching.



1
5 seconds
3 times
(page 46)



2
15 seconds
(page 46)



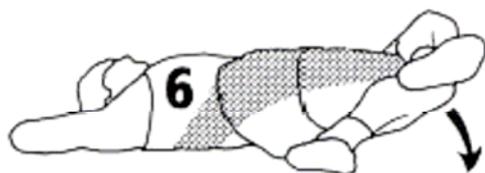
3
10–12 seconds
each side
(page 44)



4
10–15 seconds
2 times
(page 42)



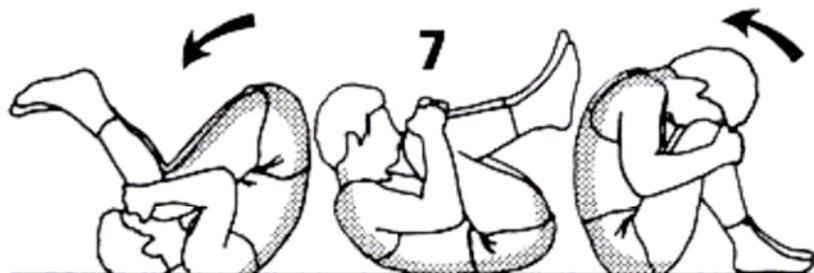
5
3–5 seconds
2 times
(page 27)



6
10–20 seconds
each side
(page 27)



8
30 seconds
(page 65)



7
Gently roll
6–12 times
(page 63)



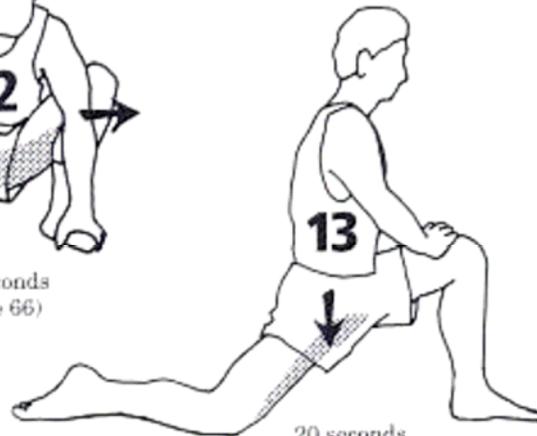
30–40 seconds
each leg
(page 39)



30–40 seconds
(page 97)



20 seconds
(page 66)



20 seconds
each leg
(page 53)



15 seconds
2 times
(page 102)



20–30 seconds
(page 65)



15–30 seconds
(page 99)

Mini-routine:
2, 4, 7, 8, 9, 11, 13, 16
Approx. 4 minutes