

Stretch Descriptions

| STRETCH | DESCRIPTION | TIP |
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| Shoulder Shrugs | Place hands at the sides; elevate the shoulders up and down | Exaggerated shoulder rolls is a great way to relieve stress and muscle tension in the neck and shoulders |
| Forward Neck Rolls | Beginning with the head to one side, roll forward from side to side | This range of motion exercise will help stretch the neck and upper trap muscles |
| Lateral Neck Stretch | Place the right hand on the left side of the head and gently pull to the right side Repeat using the other hand and other side of the head | For a deeper neck/shoulder stretch, turn the head towards the pocket |
| Shoulders | Bring one arm straight across the chest, using the other arm to apply light pressure Repeat with the opposite arm | Keep the arm straight, and this will provide a great stretch for the rotator cuff muscles |
| Triceps/Lat | Raise one arm above with head with a bent elbow. Grasp the elbow with the opposite hand, pulling it back. At the same time, lean at the waist to the opposite side | Stretching the triceps down to the latissimus muscles will help relieve back tension. Remember to breathe through each stretch |
| Chest | Place hands on the sides of the waist, then draw the elbows back while looking up to the ceiling | For a deeper stretch, clasp the hands behind the back |
| Forearms 1 – Flexor Muscles | Place one hand straight out in front of and gently pull on the fingers with the other hand Repeat with the other side | For a true forearm stretch, keep the elbow straight and rotate the hand outward |
| Forearms 2 – Extensor Muscles | Place one hand, palm down, out in front and gently pull the hand down with the other hand Repeat with the other side | For a deeper stretch, make a fist, and/or rotate the hand outward |

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| Lower Back | Stand feet shoulder width apart, knees slightly bent. Drop the head, then slowly bend forward, reaching towards the floor | Take a few deep breaths and come out of the stretch slowly to avoid dizziness |
| Hamstring | Place one leg out in front with the toe pointed up. "Sit down" into the opposite leg. Lean forward, keeping the back straight. Repeat by switching the legs | Keeping the hips and hamstrings flexible helps to prevent and relieve low back pain |
| Quad | From a standing position, grab the ankle or foot with the same side hand pulling the foot back towards the buttocks. Repeat with the opposite leg and hand | An added bonus of this stretch is BALANCE, which is important at any age. For a deeper stretch, rotate the pelvis forward |
| Groin | Stand with feet more than shoulder width apart and lunge to one side, keeping the opposite leg straight. Repeat to the other side | To avoid knee pain during this inner thigh stretch, keep the bent knee behind the toes |
| Calf | Lunge forward with one leg, while keeping the back leg straight. Lean forward while easing the back heel to the ground. Concentrate on keeping the back leg straight pushing the heel to the floor | For a deep Achilles Tendon stretch, bend the straight leg slightly, while keeping the heel on the ground. For a deeper full body stretch, raise the hands over the head and reach up |