



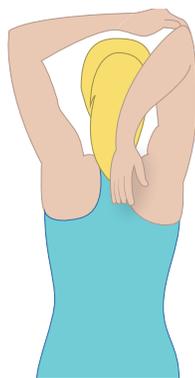
## Neck stretches

1. Stand with your feet apart and your knees slightly bent, or sit in a chair with your back straight and your feet on the floor.
2. Relax your shoulders and gently bend your head toward your left shoulder.
3. For an extra stretch, reach up with your left hand and apply a gentle pressure against the right side of your head in the direction of the stretch.



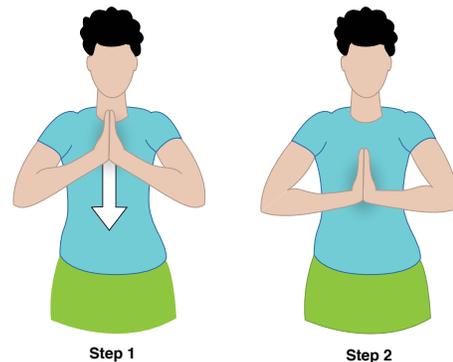
## Shoulder/upper back stretches

1. Stand with your feet apart and your knees slightly bent, or sit in a chair with your back straight and your feet on the floor.
2. Relax your shoulders and pull your left arm horizontally across your chest by grabbing on to your elbow with your right hand.



## Upper back/triceps stretches

1. Stand with your feet apart and your knees slightly bent, or sit in a chair with your back straight and your feet on the floor.
2. Bring your right elbow straight up while bending your arm.
3. Grab your right elbow with your left hand and pull your right elbow toward your head with light pressure. You will feel the stretch along the back of your arm.
4. Keep your spine and neck as straight as possible during this movement.



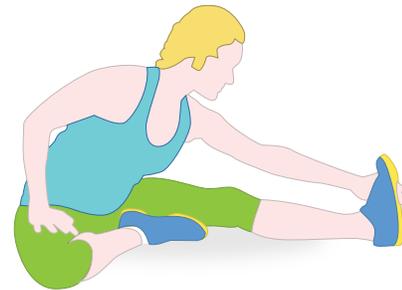
## Wrists stretches

1. Start with your palms together in front of your chest just below your chin.
2. Slowly lower your hands toward your waistline, keeping your hands close to your stomach and your palms together until you feel a mild to moderate stretch under your forearms.



## Quadricep (front of thigh) stretches

1. Holding on to a chair or the wall with your left hand, grab your right ankle with your right hand by bending at the knee and bring your heel as close as you can toward your bottom (touching it, if possible). Keep your knees beside each other.
2. If this causes stress on your knees, do not do this stretch.
3. You can also do this stretch by lying on your side with your hand or arm supporting your head. Stretch the leg on top.



## Hamstring (back of thigh) stretches

1. Sitting on the floor with your back straight, place your legs in a “V.”
2. Bend your right knee and bring your foot in toward your groin area.
3. Gently lean out over your left leg to stretch the back of your left thigh (don't worry if you aren't able to lean very far). Look forward (not down) to help keep your back straight.



## Calf stretches

1. Place your hands on a wall for balance.
2. Step back with your left leg. Keep the leg straight and press your left heel into the floor. Your right leg will be bent.
3. Press your hips forward. You will feel the stretch in your left calf.