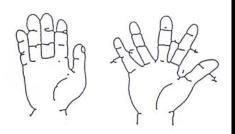
Finger Stretch



Arm Stretch



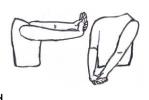




Arms up Palms forward

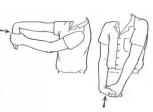
Wrist Extension

Hold arms out to the front or down with elbow straight, bend wrist into extension with help of other hand.



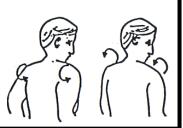
Wrist Flexion

Hold arm out in front or down with elbow straight, bend wrist into flexion with help of other hand.



Backward Shoulder Roll

Bring shoulders up, back, and down. Relax.



Note: Stretching, when done correctly should not be painful. It is normal to feel a pulling sensation in the muscle, but pain is to be avoided. If you are doing a stretch and you feel pain, discontinue the stretch. If you have had any problems, or surgery, please contact your health care provider before you start a stretching or exercise program.

DO EACH STRETCH SLOWLY!!!

HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise stated.
Page 1 Dartmouth Oct.2014

Hold your left arm just above the elbow with the right hand. Now gently hold elbow toward opposite shoulder as you look over your left shoulder. Do both sides. Stretch to the point of comfort.



Hold your left elbow with right hand, then gently hold elbow behind head until an easy tension-stretch is felt in shoulder or back of upper arm (triceps). Do both sides.

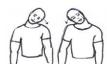


Side to Side Stretch

With hands behind head bend to right hold 10 seconds, bend to left - hold 10 seconds.



Ear to Shoulder



Move the right ear to the right shoulder...and shrug your shoulder! You should feel a stretch along the left neck and shoulder.

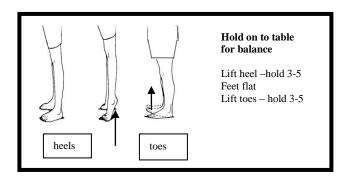
Hold for 5 seconds and relax. Repeat. Then do the same stretch on the let side. Repeat

Overlap hands, then straighten arms out in front of you. The palms should be facing away from you as you do this stretch. Feel stretch in arms and through the upper part of the back (shoulder blades).



Vision Breaks for Computer users

- Close your eyes, place palms gently over eyes and hold for about 1 minute.
- 00
- Look at and focus on something at least 20 feet away



Calf Stretch

Support body against wall. Place one foot back with heel on floor



Side Lunging

Stand with feet shoulder width apart and knees slightly bent. Keeping stomach muscles tensed, step sideways with one leg. Return. Repeat with other leg.

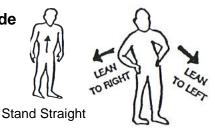


Quad Stretch

Bend knee. Hold ankle with hand.

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Side to Side Stretch



Standing Back Bend

Stand up and put your hands on your hips. Gently bend backward and allow your hips to move forward. Hold for 5-10 seconds. Relax.



Front Lunging

Stand with feet shoulder width apart and knees slightly bent. Keeping stomach muscles tensed and step forward with one leg. Return. Repeat with other leg.



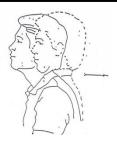
Hamstring Stretch

Place one leg forward with hands on forward leg thigh, bring toe up and stick buttocks out. Bend opposite leg. Repeat with other leg.



Chin Tuck

Look straight ahead. Pull chin and head back.



DO EACH STRETCH SLOWLY!!!

HOLD EACH STRETCH ABOUT 15 SECONDS unless otherwise noted.

Page 2: Dartmouth Oct.2014