

Stretching helps improve flexibility and reduce risk of injury.

Below you will find several stretches. Please do the stretches that have been checked off for you.

Each stretch should be done slowly and held for 15-20 seconds and repeated 2-5 times. Stretch smoothly without bouncing or jerking. Stretching should not hurt.

Remember to BREATHE as you stretch!



Head Turn

To Do _____ Repetitions

Stretches neck muscles

1. Sitting erect, looking straight ahead



2. Look toward one shoulder



3. Look straight ahead



4. Look toward other shoulder and return to starting position

TIP - Don't let your chin drop

Side Stretch

○ To Do _____ Repetitions

Neck



1. Sit relaxed with good posture. Look forward



2. Tip ear down to right shoulder.
Straighten to midline (look forward)



3. Tip ear down to left shoulder then return to midline

Shoulder Circles

○ To Do _____ Repetitions

Sit with back supported



1. Sit up straight



2. Raise shoulders towards ears and then
pull shoulders back making half-circles
with shoulders



3. Return to relaxed position

continues over



Forward Stretch

○ To Do _____ Repetitions

Stretches back and hips

1. Start by sitting in a chair with hands resting on knees



2. Bend forward slowly, by lowering chin to chest



3. Gradually curl down toward the floor



4. Return to starting position



Side/Trunk

○ To Do _____ Repetitions

Stretch

1. Sit up straight with arms at sides



2. Bend to one side without lifting hip off seat



3. Repeat to opposite side

continues over



Calf Stretch

○ To Do _____ Repetitions

Against the wall

1. Start about 2-3 feet away from the wall
(moving farther away as you get more flexible)



2. Step forward with one leg and bend the forward knee. Lean towards the wall keeping the rear heel on the floor. Feel the stretch in the lower leg of the rear leg

3. Relax and repeat with the other leg

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