

take time to stretch



Head Tilt

- Sit or stand upright with your spine relaxed (or neutral)
- Lower your left shoulder
- Tilt your head gently to right
- Hold the pose for 10 seconds
- Repeat on the opposite side



Head Rotation

- Sit or stand upright with your spine relaxed (neutral)
- Turn your head slowly to the right
- Hold for 10 seconds
- Repeat on the opposite side, by turning your head slowly to the left



Wrist Stretch

- Put your hands together with the palms together
- Hold your palms flat together
- Raise your elbows, drop your wrists, and roll your shoulders back
- Relax and repeat 5 times



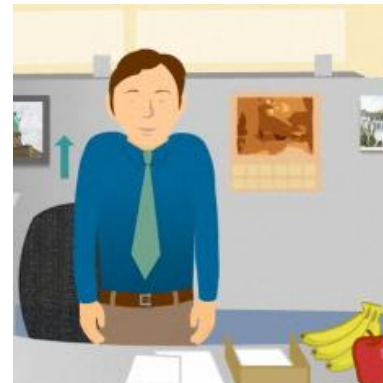
High-reach Stretch

- Raise your arms, reaching above your head
- Spread your fingers
- Stretch upward reaching as high as you can
- Hold for 5 seconds
- Relax and repeat 5 times



Shoulder Roll

- Sit or stand comfortably, back upright and relaxed with your feet flat on the floor
- Gently roll your shoulders backward
- Relax and repeat 5 times
- Reverse direction, gently rolling your shoulders forward
- Relax and repeat 5 times



Shoulder Shrug

- Sit or stand upright with your spine relaxed
- Shrug your shoulders up to your ears and hold for 5 seconds
- Relax and repeat 5 times



Finger Stretch

- Put your right arm against your side, elbow bent at a 90° angle
- Hold your hand out in front of you with your palm facing up
- Using the fingers of your left hand, apply slow, gentle downward pressure on your outstretched palm, bending your right hand back slowly
- Relax and Repeat on the opposite side
- Stop when you feel a gentle pull