

Stretching Safely

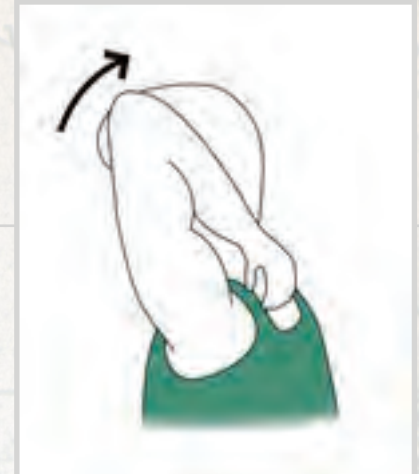


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Pectorals Stretch

- Stand in the corner or in a doorway with your hands at shoulder level and your feet away from the corner or doorway.
- Lean forward until a comfortable stretch is felt across the chest.



Triceps Stretch

- Lift your arm so that your elbow is next to your ear.
- Place your hand between your shoulder blades.
- Gently push your elbow back with your other hand until you feel a stretch.



Hamstring Stretch

- Sit on a bench.
- Lean forward and slowly straighten your knee until you feel a stretch at the back of your thigh.



Trunk Forward Flexion and Extension

- Sit down.
- Lean forward and lower your upper body.
- Slowly unwind your body back up to the upright sitting position.



Quadriceps Stretch

- Hold on to a chair or lean against a wall.
- Pull your heel toward your buttock until a stretch is felt in the front of your thigh



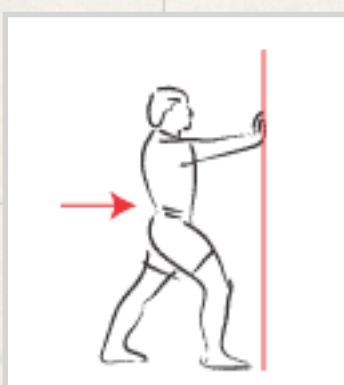
Trunk Lateral Flexion

- Slide your arm down the side of your leg as far as possible.
- Do one side and then the other.
- This exercise can also be done while sitting.



Back and Side Stretch

- Raise right arm overhead and behind your head
- Hold right elbow with left hand
- Bend knees slightly
- Pull right arm and bend trunk to left
- Hold stretch for 20 seconds
- Wait 30 seconds in between repetitions



Calf Stretch

- Stand facing a wall, with both hands on the wall
- Extend one foot forward and bend slightly at the knee
- Keep rear leg straight with heel on the floor
- Hold stretch for 20 seconds
- Wait 30 seconds in between repetitions



Shoulder Stretch

- Bring straight left arm in front of body
- Hold left elbow with right arm
- Gently pull across chest until the stretch is felt in the back of the shoulder
- Hold stretch for 20 seconds
- Wait 30 seconds in between repetitions