

Stretching Benefits:

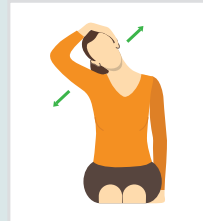
- Increases circulation
- Increases energy
- Increases flexibility
- Decreases stress
- Reduces pressure on the joints
- Decreases risk of injury
- Reduces pain
- Increases morale
- Improves posture

Guidelines:

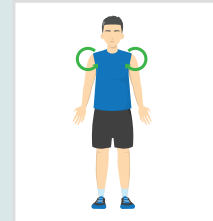
- For best results stretch daily but even 2-3 times/week will help.
- Warm up before you stretch.
- Stand or sit tall before you start stretching and maintain good posture while you stretch.
- Gently stretch to the point of mild tension in your muscles.
- There should be no pain when you stretch.
- BREATHE- Do not hold your breath.
- Don't bounce when holding a stretch.
- Hold for 10-20 seconds.
- Repeat 3-5 times per side.

**Please consult your physician prior to starting a stretching program.*

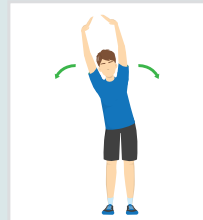
Neck stretch



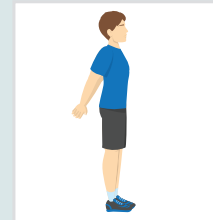
Shoulder rolls



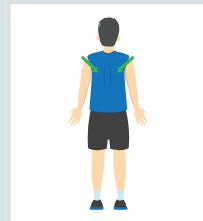
Back Muscles



Back Muscles



Shoulder squeezes



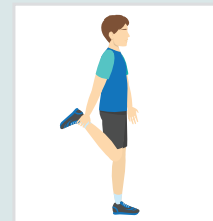
Wrist stretch



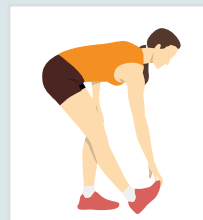
Hip stretch



Quad stretch



Hamstring stretch



Calf stretch

