

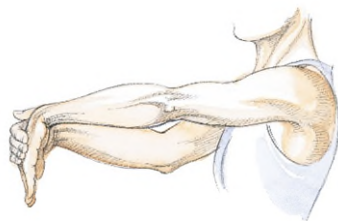
Stretching Exercises

Be Gentle. Never overstretch

Breathe freely as you hold each stretch

Don't bounce. Use controlled, comfortable motions

Stop immediately if you feel any discomfort or pain



Latissimus Stretch

1. Stand with your back straight and your feet shoulder-width apart. You can do this stretch sitting down if you are not steady on your feet.
2. Hold your arms above your head, and hold left wrist with your right hand.
3. Pull upward while leaning straight over toward your right side. Keep your lower body straight. You should feel the stretch along your left side.

Hold: 20 seconds, and then switch sides.

Don't: Slouch

Extensor Forearm Stretch

1. Hold left arm straight in front of your body.
2. Push gently down on back of left hand with your right hand so that your left fingers are pointing towards the floor. You should feel a stretch on the top of your forearm/wrist.
3. To increase stretch, try making a fist with your left hand.

Hold: 20 seconds, and then switch sides.

Flexor Forearm Stretch

1. Hold left arm straight in front of your body
2. Push gently back on palm of left hand with your right hand so that your left fingers are pointing towards the ceiling. You should feel a stretch on the underside of your forearm and wrist.

Hold: 20 seconds, and then switch sides.

Finger Stretch

1. Spread your fingers apart as much as you can.
2. You may feel a stretch in between your fingers

Hold: 20 seconds

Stretching Exercises



Hip Flexor Stretch	Quadriceps Stretch	Calf Stretch	Hamstring Stretch
<ol style="list-style-type: none"> 1. Stand straight up 2. Place hands on hips 3. Gently lean backwards, keeping your lower body straight <p>Hold: 20 seconds</p>	<ol style="list-style-type: none"> 1. Stand with support on one side 2. Grab you left ankle with your left hand and lift towards buttocks. A towel can be used if needed. 3. You should feel a gentle stretch in the front of your thigh <p>Hold: 20 seconds, and then switch sides.</p> <p>Don't perform if this causes stress on your knees</p>	<ol style="list-style-type: none"> 1. Stand with support on one side 2. Grab you left ankle with your left hand and lift towards buttocks. A towel can be used if needed. 3. You should feel a gentle stretch in the front of your thigh <p>Hold: 20 seconds, and then switch sides.</p>	<ol style="list-style-type: none"> 1. Put the leg you want to stretch up on a stable higher surface. 2. Straighten your knee to feel a gentle stretch at the back of your leg. 3. To increase the intensity of the stretch, bend forward slightly, placing the hands on the leg for support. <p>Hold: 20 seconds, and then switch sides.</p>