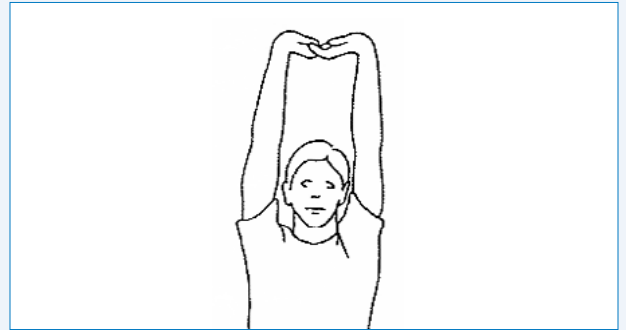


Flexibility Exercises to Fit into Your Everyday Life

Overhead Arm Stretch

Link your fingers together, palms up and reach straight over your head. Feel your muscles stretch from the outside of your ribs and through both arms.



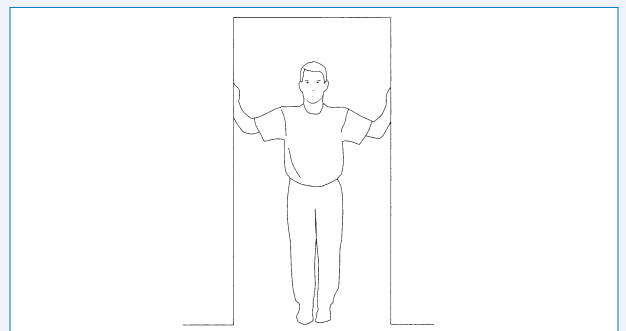
Crossover Shoulder Stretch

Gently pull your elbow across your chest. Feel the stretch through your shoulder and upper back. Complete this with both arms.



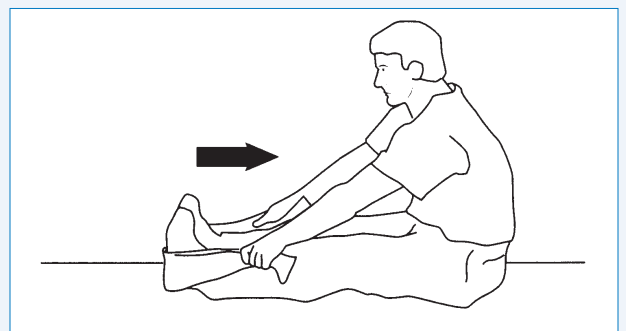
Doorway Stretch

Stand in front of the doorway with arms outstretched and placed against the wall on both sides of the doorway. Lean forward slowly until tension and mild pain are experienced in the chest muscles. Hold that position for 15-60 seconds. Repeat 3 times.



Achilles Tendon Stretch

Sit on the floor with your legs straight in front of you. Keep your back straight. Grab each end of a towel, put your feet in the center of that towel and pull on the ends of the towel to gently stretch the Achilles tendons. The Achilles tendon runs down the back of the ankle, just above the heel of your foot and below the calf of your leg.

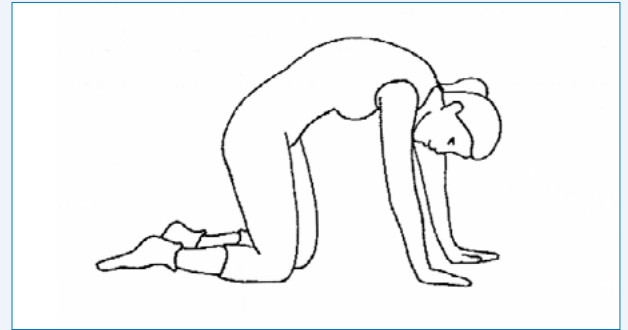


Flexibility Exercises

(continued)

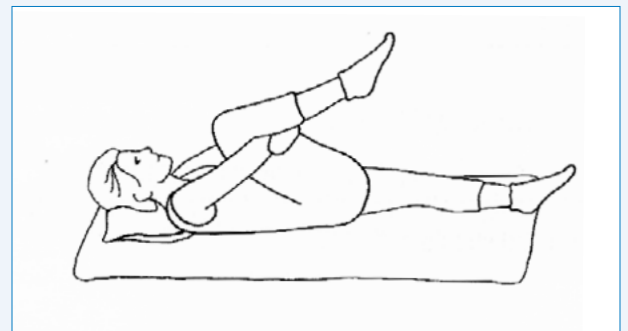
Full Spinal Stretch

Position yourself on your hands and knees. Begin with your lower back and roll your spine up to your shoulders and hold at the top of the stretch.



Back and Thigh Stretch

Lie on your back and pull your right leg toward your chest. Keep your leg as straight as possible. Do this exercise with each leg.



Seated Spinal Twist and Hip Extension

Sit up straight. Bend both legs at the knees. Cross your left leg over your right leg. Reach your right arm over your left knee. With your left hand on the floor behind you to help maintain balance, gently twist your torso to the left. Breathe out and try to further twist at the spine. Reverse this stretch to go right.



Straight Leg, Bent Knee, Hamstring Stretch

Sit up with your right leg extended in front of you (don't lock your knee). Bend your left leg until the sole of your left foot slightly touches the inside of your right thigh. Bend forward, reaching for your right foot until you feel the stretch tension, and then hold. Switch sides.



Flexibility Exercises

(continued)

Knee to Chest Stretch

Lie on your back and pull both thighs to your chest. Support the back of your thighs with your hands.

