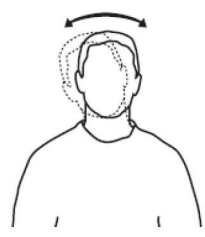


Take Time to Take Care.

Perform these stretches throughout the day. Hold each stretch 10 – 15 seconds each.

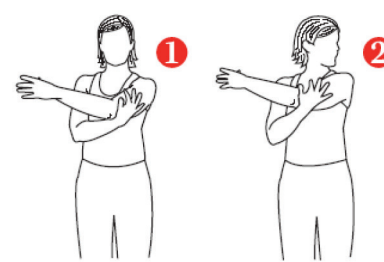
Warm-up your neck

Tilt head to each side, turn to each side, look up and down 2-3x.



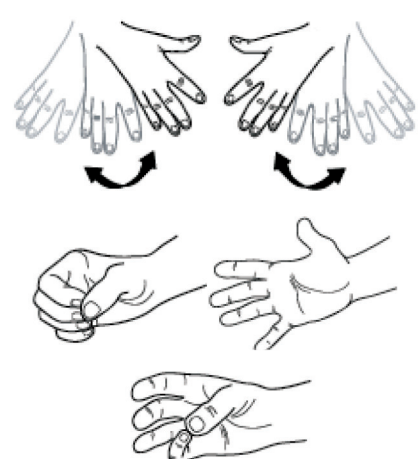
Shoulder Adduction

Hold your right arm just above the elbow with your left hand. Now gently pull your elbow toward your left shoulder as you look over your right shoulder. Hold stretch for 10 seconds. Do both sides.



Shoulder Circles

Roll shoulders clockwise. Complete by rolling counter-clockwise.



Stretch your wrist and hands

Shake your hands and open/close to improve circulation. Touch the tip of each finger. Bend/straighten your wrist.



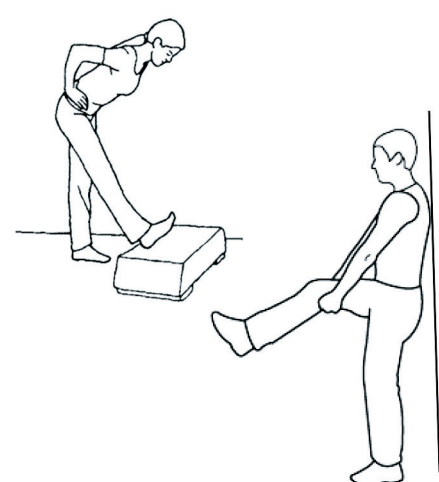
Wrist Flexion

Straighten arm out in front of you with palm facing down. Bend wrist with fingers pointing downward, applying a gentle stretch with opposite hand.



Wrist Extension

Straighten arm out in front of you with palm facing upward. Extend wrist and fingers so fingers are pointing down toward floor using opposite hand to gently increase the stretch.



Stretch your hamstrings

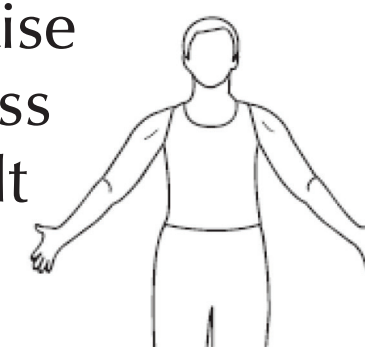
Place foot up on something sturdy. Bend forward from waist keeping back straight. Hold. Or place hands under your thigh and straighten knee as far as possible until you feel stretch. Hold.

Stretch your arms and shoulders



Clasp hands behind back, lift with straight elbow. Hold.

Palms facing forward, raise arms to ~45°, press back until stretch felt front of arm. Hold.



Stretch Arms overhead. Hold.

Stretch your back



Bend forward slowly toward your toes. Or get into a full crouch and round your arms over your knees. Hold.



Place hands in small of your back and bend backwards 5x with no hold. Hold the last rep to stretch.

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