

Hamstring Stretch



With a long, straight trunk, slowly bend forward at the hip until a light stretch along the back of your thigh.

Seated Hip Stretch



OR

(description for the above picture)

Hip Stretch w/ twist



After completing the seated hip stretch, bring the opposite hand (of the leg that is on top) to the knee and the other hand to your side, and slowly rotate the trunk towards the bent knee.

Can also complete if ankles are crossed below the knee.

If you have osteoporosis, may skip this stretch.

Sit at the edge of the chair

Cross one leg over the other either above or below the knee. Slowly bend forward at the hip, keeping a straight spine until a light stretch is felt in the buttocks and hip muscles on the side of the bent knee.

Avoid the stretch if pain is felt in the groin.

Seated Cool Down

Stretching rules:

- No pain, if there is pain skip the stretch.
- No pushing/pulling body into the stretch, should RELAX into each stretch.
- Hold each stretch for 15-30 max. Try taking a couple deep breaths with each stretch.

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Seated Side Bend



While facing forward with arms hanging by your sides, slowly have one arm reach for the floor. Then return to center and repeat on the other side

Make sure to have your feet apart for balance!

Neck Stretches



(description for the above pictures)

Shoulder/Upper arm Stretch



Reach with the first arm across the body, while making sure that to keep shoulder lowered.

The other arm goes underneath to help support.

Stretch may also be increased by Hugging the “first” arm to the body with the “other” arm.

Slowly tilt ear towards one shoulder, slowly return to center, and then slowly tilt to the opposite side.

Slowly tilt the chin towards the chest, then return to center.

Slowly look over your shoulder to the left, return to center, then look over to the right.

If you want a deeper stretch, let the arms/hands hang by your side.

You can finish this routine by completing 3 deep breaths, in through the nose and out through the mouth