



Simple Stretches

Stretching can improve range of motion, prevent injuries, and prepare your muscles for daily activity. Movements should be gradual and only to the point of feeling a mild stretch. Listen to your body and don't do a stretch that causes pain.



Arm Swings

Swing arms across your body. Alternate which arm is on top and bottom each time. Lightly tap your sides as you swing your arms. Repeat 10 times.



Wrist Extension

Put one arm in front of you, palm up. Apply pressure with the opposite hand to the palm. Raise your arm up until you feel the stretch in your forearm. Hold for 10-15 seconds. Repeat on the opposite side.



Overhead Stretch

Clasp your hands together, raise your arms above your head until your arms are straight above your head. Keep your elbows straight. Hold for 10-15 seconds.



Wrist Flexion

Put your arms out in front of you with your palms facing down, make a fist. Rotate your hands out to the side until you feel a stretch in your forearm. Hold for 10-15 seconds.



Head Tilt

Stand or sit up straight tilt your head to the right keeping your shoulders horizontal and nose forward. Push your left palm towards the floor with your fingers pulled up. Lift your right hand and press it on your left shoulder. Hold for 10-15 seconds. Repeat on the opposite side.



Shoulder Rolls

Lift and roll shoulders and arms together. Roll shoulders forward and backwards. Repeat 5 times each direction.



Upper Back Stretch

Clasp your hands together, push your hands straight out in front of you rounding your upper back. Push your belly button toward your spine. Hold for 10-15 seconds.



Hamstring Stretch

Put one leg out in front of you with your heel down and toes up. Place your hands on the thigh of your opposite thigh. Bend forward bringing your torso forwards until you feel a stretch in the back of your leg out straight. Hold 10-15 seconds. Repeat on the opposite side.