



Upper Body Stretches

Neck



With arm out to the side, look the opposite direction with the chin tucked down towards the shoulder. Focus on pressing shoulders down—away from your ears (stretch both sides).

Follow these guidelines when performing stretches:

- Warm-up first
- Stretch to the point of light tension in muscle
- Avoid bouncing and jerky movements
- Hold stretches for at least 10 seconds
- Remember to breathe
- Tense trunk muscles and maintain S-curve (good back) alignment throughout

Back

Stand-up tall, stick chest out and push upwards. Hold this position and then relax, repeat several times. Avoid over-arching the back.



Arms/wrists

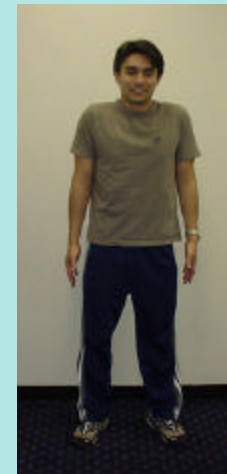


With arm straight, bend wrist so that fingers are pointing up, gently pull the hand back for an increased stretch, repeat with the fingers pointed downwards (stretch both sides).

Shoulders/Upper Back



Grasp hands together, round shoulders and pretend that someone is pulling your arms forward. Then with thumbs turned up pull arms back, squeezing shoulder blades together.



Stand tall with back straight, shrug shoulders up then push shoulders downwards, repeat 10 times.