

A woman is shown from the back, stretching her back by pulling her right arm over her head and across her back. She is wearing a red top. The background is a bright, out-of-focus outdoor setting with greenery and sunlight.

# ADD STRETCHING

## To Your Daily Routine

Stretching helps to increase range of motion, decrease the risk of injury, and increase blood flow and circulation.

## Neck Stretches



### Neck Rotation

Turn head slowly to look over your left shoulder then turn to look over your right shoulder.

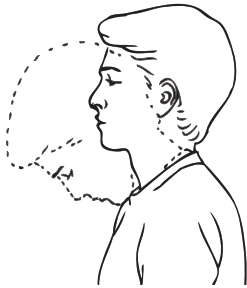
- Hold 10 seconds.
- Repeat 10 times.
- Do 2 - 3 sessions per day.



### Neck Lateral Flexion

Tilt head toward shoulder, then slowly toward opposite shoulder.

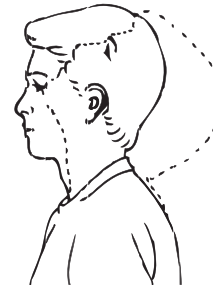
- Hold 10 seconds.
- Repeat 10 times.
- Do 2 - 3 sessions per day.



### Neck Flexion

Bend head forward, return to starting position.

- Hold 10 seconds.
- Repeat 10 times.
- Do 2 - 3 sessions per day.



### Neck Extension

Bend head backward, return to starting position.

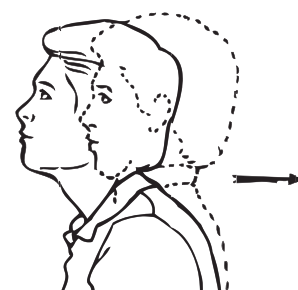
- Hold 10 seconds.
- Repeat 10 times.
- Do 2 - 3 sessions per day.



### Upper Trapezius Stretch

Gently grasp side of head while reaching behind back with other hand. Tilt head away until a gentle stretch is felt.

- Hold 30 seconds.
- Repeat 3 times both sides.
- Do 2 - 3 per day.

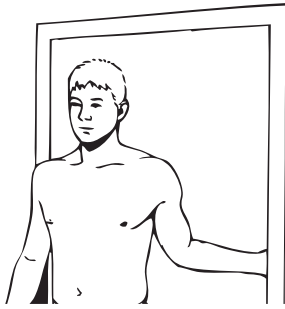


### Neck Retraction

Pull head straight back keeping jaw and eyes level.

- Hold 5 seconds.
- Repeat 10 times.
- Do every 2 hours.

## Shoulder Stretches



### External Rotation/Alternate

Keep palm of hand against door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt

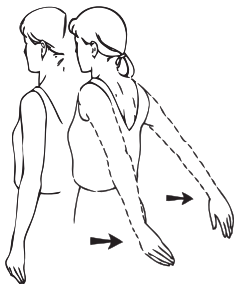
- Hold 30 seconds.
- Repeat 3 times.
- Do 2 - 3 sessions per day.



### Posterior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in the shoulder.

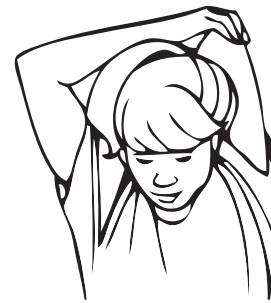
- Hold 30 seconds.
- Repeat 3 repetitions/set.
- Do 1 set/sessions and 2 - 3 sessions/day.



### Standing Shoulder Extension

Bring arms straight behind you as far as possible without pain.

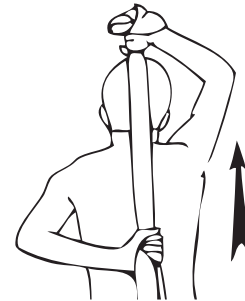
- Hold 10 times per set.
- Do 1 set per session.
- Do 2-3 session per day.



### Interior Capsule Stretch

Gently pull on elbow with opposite hand until a stretch is felt in shoulder

- Hold 30 seconds.
- Repeat 3 times.
- Do 1 set/session and 2 - 3 sessions/day

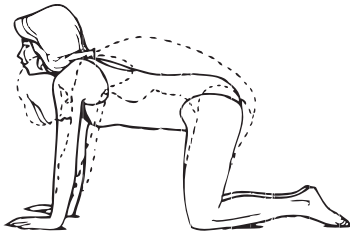


### Towel Stretch for Internal Rotation

Pull involved arm up behind back by pulling towel upward with uninvolved arm.

- Hold 10 seconds.
- Repeat 10 repetitions/set.
- Do 1 set/sessions and 2 - 3 sessions/day.

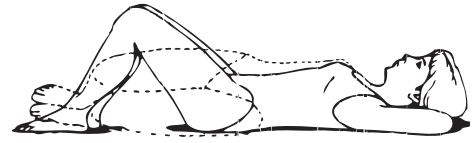
## Back Stretches



### Angry Cat Stretch

Tuck chin and tighten stomach arching back.

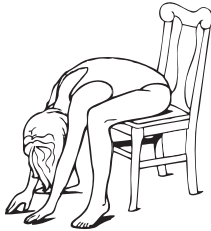
- Hold 10 seconds. Repeat 15 times.
- Do 2 - 3 sessions per day.



### Lower Trunk Rotation Stretch

Keeping back flat and feet together, rotate knees to one side.

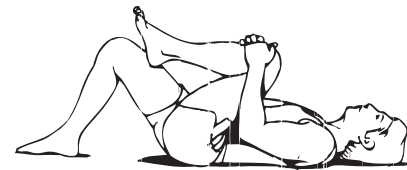
- Hold 10 seconds. Repeat 10 times on each side.
- Do 2 - 3 sessions per day.



### Seated Back Stretch

Sit in chair with knees spread apart. Bend forward to floor. A comfortable stretch should be felt in lower back.

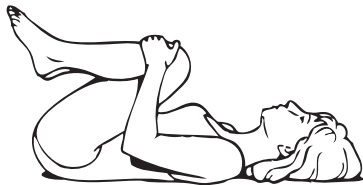
- Hold 10 seconds. Repeat 10 times.
- Do 2 - 3 sessions per day.



### Pull Knee to Chest Stretch

Pull one knee in to chest until a comfortable stretch is felt in lower back and buttocks. Repeat with opposite knee.

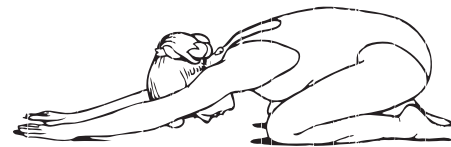
- Hold 10 seconds. Repeat 10 times per side.
- Do 2 - 3 sessions per day.



### Double Knee to Chest Stretch

Pull both knees in to chest until a comfortable stretch is felt in lower back. Keep back relaxed.

- Hold 10 seconds. Repeat 10 times.
- Do 2 - 3 sessions per day.

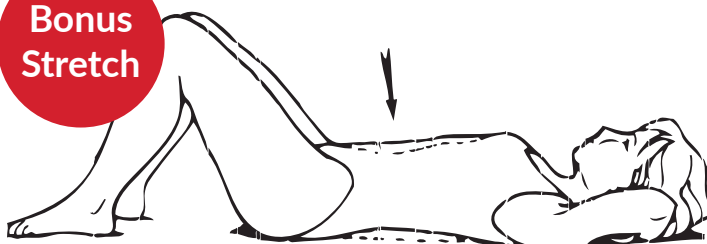


### Neck Retraction

Pull chest toward floor, reach forwards as far as you can.

- Hold 10 seconds. Repeat 10 times.
- Do 2 - 3 sessions per day.

### Bonus Stretch



### Pelvic Tilt

Flatten back by tightening stomach muscles and buttocks

- Hold 10 seconds. Repeat 10 times.
- Do 2 - 3 sessions per day.