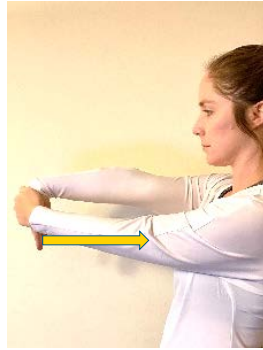


## WRIST EXTENSOR STRETCH

Bend the right wrist down as shown. Keep the right elbow straight.

Place your left hand over the top of the right hand and gently bend the wrist toward you.

Hold for 10 seconds.  
Switch arms.

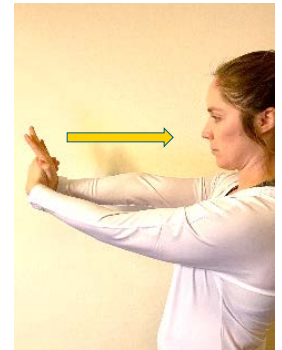


## WRIST FLEXOR STRETCH

Bend the right wrist up as shown. Keep the right elbow straight.

Place your left hand over the right palm and gently bend the wrist toward you.

Hold for 10 seconds.  
Switch arms.



## SHOULDER EXTENSION – STANDING

While standing lace your fingers behind your back.

Gently extend your arms back and up as shown.

Hold for 15 seconds.

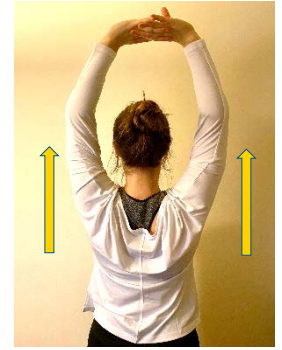


## LAT FLEXION – STANDING

While standing lace your fingers above your head.

Gently raise the arms up towards the ceiling.

Hold for 15 seconds.



## UPPER TRAP STRETCH – HOLDING HEAD

Gently place one hand on your head to assist in bending your head to the side as shown.

You should feel a stretch to the side of your neck.

Hold for 10 seconds.  
Switch sides.

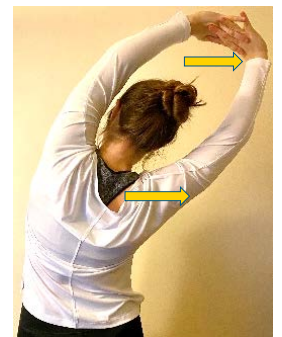


## LATERAL TRUNK STRETCH

While standing lace your fingers above your head. Raise arms up toward the ceiling.

Gently bend to the side until a stretch is felt along the side of your body. Keep neck straight.

Hold for 10 seconds.  
Switch sides.



## STANDING LUMBAR EXTENSION

Stand, place hands on lower back at the level in which you want to focus the stretch. Place fingers near spine.

Gently lean back and extend your spine at the level of your pointer/index fingers.

Hold for 15 seconds.



## SEATED HAMSTRING STRETCH

While seated rest your heel on the floor with your toes pointed up. Keep knee straight.

Gently lean forward - bend at the hips and keep back straight - until a stretch is felt behind your knee/thigh.

Hold for 10 seconds.  
Switch legs.

