

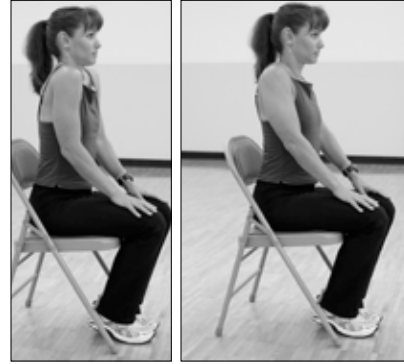
# EASY STRETCHES FOR ANYONE

Practice correct form illustrated in the pictures. Do each stretch 1-2 times, holding for 15-20 seconds.



## Scapular W

- Sit or stand tall
- Point elbows gently out
- Knuckles together
- Elbows hold position, knuckles rotate out away from one another
- Arms appear to make “W”



## Shoulder Rolls

- Sit or stand tall
- Bring shoulders to ears
- Then pull back and depress down
- Relax and repeat



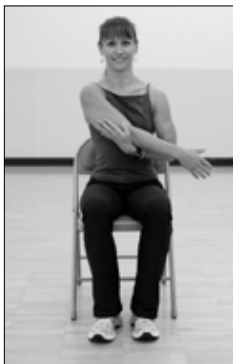
## Seated Twist

- Sit or stand tall
- Keep hip points facing forward
- Turn and reach opposite hand across opposite thigh, rotate at your belly
- Pause and hold, and then reverse direction



## Figure 4

- Sit tall in a chair with hips and knees at about 90° angles
- Cross one leg over the other
- Keep back straight and lean forward
- Modification; allow bottom leg to remain straight at the knee and cross stretching leg onto shin



## Shoulder stretch

- Sit or stand tall
- Move one arm across body at low chest height
- Take other arm and gently hug the arm on your chest into your body



## Chin tucks

- Sit or stand tall
- Have the feeling of a string gently pulling on your head lengthening your entire spine
- Slide chin back, like a turtle retracting into shell

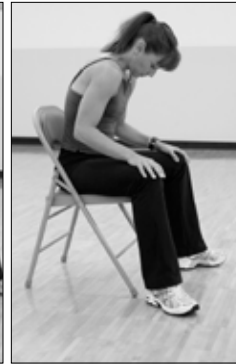
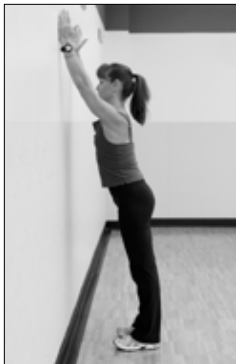
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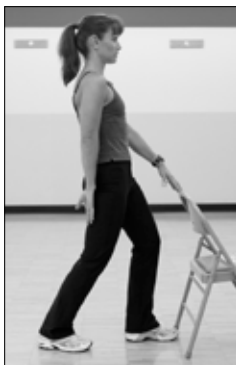
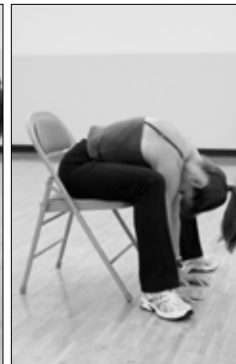
## Standing Extension

- Stand tall – make yourself long
- Support your pelvis/lower back with both hands; placing palms down on small of back
- Gently & slightly lean back by “lifting” up & back opening your chest, gently looking up
- Modification: raise your arms straight to the sky or put your arms straight up on a wall



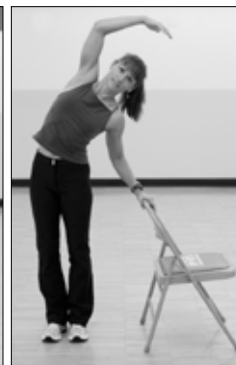
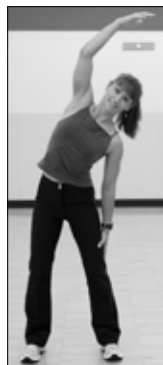
## Seated Dive

- Sit tall in a chair with hips and knees at about 90° angles and knees wide OR
- Place hands on thighs and lean head forward
- Go further by sliding hands down to lower leg & continue to roll upper body down
- If comfortable, go further with hands resting on floor and head directed down
- As you roll up, pause at each of above positions for a breath



## Calf/Front Hip Stretch

- Stand with one foot forward and the other back (both feet point forward)
- Calf: keep heel on the ground; body has a straight line from shoulders through heel
- Hip: Press the hip of the back foot forward by tucking your tailbone under you



## Standing Side Lean

- Stand tall – make yourself long
- Reach one arm straight to the sky, trying to keep shoulder low & neck relaxed
- Lean in the direction opposite of the raised arm
- Repeat with opposite arm

# BAND EXERCISES

Start by doing 5-8 repetitions of each exercise one time a day. Do this 2-3 times a week. Keep adding on and build up to 10-15 repetitions of each exercise 2-3 times a week.



## Arm Extension

- Stand tall
- Hold ends of band in each hand with center secured at head level or above
- Start with arms raised to about shoulder level and keep arms straight at elbows
- Bring arms down to your sides of thighs/hips



## Arm Curls

- Stand tall
- Hold ends of band in each hand with center stirrped under one or both feet
- Elbows close to body and hold position
- Bring hands to shoulders and then lower to start position



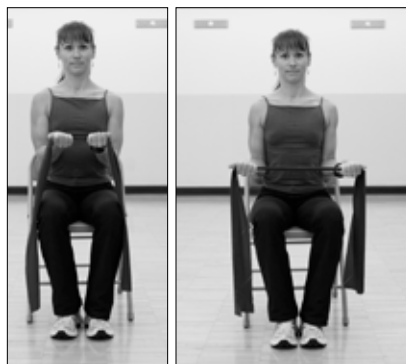
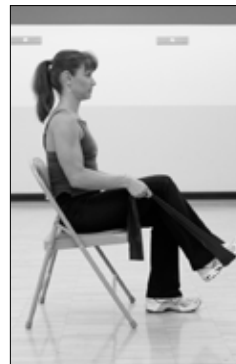
## Seated Row

- Sit tall
- Band wrapped around one or both feet; holding one end in each hand
- Pull elbows back keeping wrists straight



## Seated Leg Press

- Sit Tall; same as Seated Row
- Band wrapped around one foot; holding one end in each hand
- Lift foot off ground and press leg away until it is fully extended
- Keep foot off ground bringing knee back to ward chest
- Repeat



## External Rotation

- Sit or stand tall
- Hold band in each hand with palms facing UP, hands about 3-4 inches apart
- Keep elbows at 90° and close to your body
- Keep elbows in same position and pull hands away from one another until they are straight forward
- With control return to the start position

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