

Stretching Exercises

Hand/Wrist/Arm:

1. Open/Close Stretch – 10 count/each hand – Extend hands out in front of you; open hands and fingers as wide as you comfortably can; close your hands into a fist as tight as comfortable; repeat
2. Prayer Stretch – 5-7 reps 3x – Put palms of hands together with fingers straight, like a set of prayer hands; put comfortable amount of pressure in lowering palms feeling the stretch in the wrist and forearm; at comfortable lowered position spread fingers as wide as comfortable; close fingers back to prayer hands; repeat
3. Up/Down Stretch – 5x (Both Hands at the Same Time) – stretch arms straight out in front of you; close your hands into a fist; flex your fist down towards the ground; release fist and stretch fingers as wide as comfortable and raise your wrists up until your palms are facing forward; repeat
4. Forearm/Wrist Stretch – 10 count both hands – Hold your right arm straight out in front of you with your palm facing down; with your left hand pull your right hand down and back (as much as comfortable); hold for 10 count; let your right hand go back to neutral; with your left hand pull your right hand up and back (as much as comfortable); hold for a 10 count; let your right hand go back to neutral; repeat on the left side

Shoulder/Neck/Back:

1. Pillar Stretch – Count to 10/each palm direction – Put arms out in front of you; interlock fingers and turn palms away from you; raise your arms with fingers interlocked above your head (or as high as comfortable) and hold for 10 seconds; lower arms keeping fingers interlocked; at parallel to the ground turn palms towards you; raise your arms with your fingers interlocked over your head (or as comfortable) and hold for 10 seconds; repeat
2. Shoulder Stretch – 10 count both sides (Left and Right) – Put both hands behind your back; take your right wrist with your left hand; Turn your head and neck down to the left (chin facing your armpit); hold in that position for a 10 count; lift your head and release the right wrist; repeat for the other side
3. Shoulder Blade Stretch – 10 count – Place both hands on your hips; tuck your chin to your chest; have your elbows pointing behind you (as much as comfortable) with your hands still on your hips; squeeze your shoulder blades together and release; repeat

Chest/Trunk:

1. Pec Stretch – 10 count 2x – interlock fingers together behind your head; pull elbows toward the back (as much as comfortable); tilt your chin towards the sky slightly (as much as comfortable); hold for a 10 count and release; repeat
2. Trunk Stretch – 10 count 2x/side – place your left hand on your left hip; put your right arm straight up in the air with your right palm facing the left side; bend at the hips to the left (as much as comfortable); hold for 10 count; come back to center; put your right hand on your right hip; raise your left arm straight in the air with the palm facing the right side;

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bend at the hips to the right (as much as comfortable); hold for a 10 count; come back to the center; repeat

Leg/Hamstring:

1. Hamstring Stretch – 10 count both side – place your right leg in front of you; raise your right toes up and keep your right heel on the ground; keep your knee straight and lean towards your right toes while looking up (as much as comfortable); keep your back straight and left leg straight; hold for a 10 count; go back to the neutral position; repeat for the left leg
2. Squat – 5x – Stand with your legs slightly wider than shoulder with; let your toes slightly turn outward but not more than 45°; bend at your hips first; lower yourself straight down bending at the knees and hips; bend down until your thighs are parallel to the ground (as much as comfortable); push up through your heels until you are standing straight; repeat
3. Heel to Toe Rock – 5x – standing with your feet about shoulder width apart; if necessary, hold onto something to maintain your balance during this exercise; you will start by rocking up onto your toes; next rock to your heels with your toes up; repeat