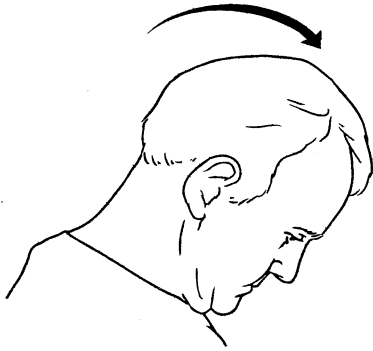


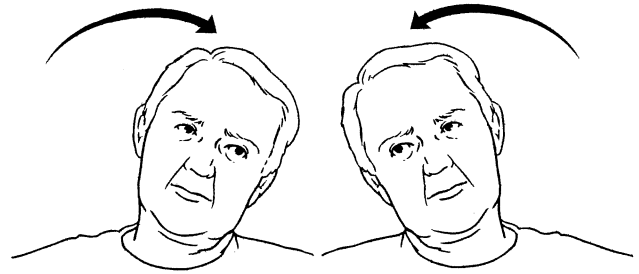
FLEXIBILITY - 1 Seated Stretch: Neck Forward



Facing forward with shoulders relaxed, gently bend head forward. Do not force the stretch. Return.

Repeat ____ times. Do ____ sessions per day.

FLEXIBILITY - 2 Seated Stretch: Neck to Side



Facing forward with shoulders relaxed, make a double chin and drop ear to one shoulder. Return. Repeat to other side. **DO NOT RAISE SHOULDERS.**

Repeat ____ times. Do ____ sessions per day.

FLEXIBILITY - 3 Seated Stretch: Neck / Shoulder

Reaching behind, place right hand on opposite temple. Gently pull head forward and to the right.

Hold ____ seconds.

Repeat with other hand.

Repeat ____ times.

Do ____ sessions per day.



FLEXIBILITY - 4 Seated Stretch: Shoulder / One Arm



Place fingertips on opposite shoulder. Hold ____ seconds. Repeat with other arm.

Repeat ____ times. Do ____ sessions per day.

FLEXIBILITY TIPS - 1

Warm up before you stretch by

- taking a warm bath or
- walking briskly in place for ____ minutes

Stretch to the point of mild discomfort

Hold ____ seconds, slowly release. Repeat ____ times

Breathe normally while stretching

Inhale at beginning of exercise

Exhale while you hold the stretch

Do flexibility routine before and after you walk or exercise

FLEXIBILITY TIPS - 2

DO:

- wear loose clothing
- take any pain medication 1/2 hour before stretch
- stretch often

DON'T:

- bounce when you stretch, this can hurt muscles
- stretch to point of pain, if it hurts, ease up
- stretch right after a meal
- hold your breath while you stretch
- stretch without warming up

FLEXIBILITY - 5 Seated Stretch: Shoulder / Both Arms

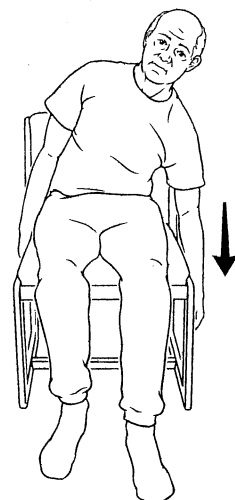
Place right palm on right shoulder blade. Reach behind back with left hand, palm out. Try to touch fingertips. May hold a towel between hands to assist.



Repeat _____ times.
Do _____ sessions per day.

FLEXIBILITY - 6 Seated Stretch: Side Bend

With feet on floor and buttocks firmly on chair, slowly slide one arm toward floor.

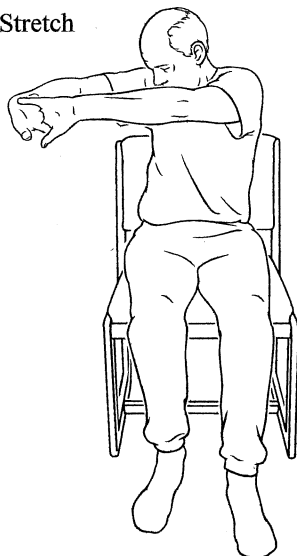


Hold _____ seconds.
Repeat to other side.

Repeat _____ times.
Do _____ sessions per day.

FLEXIBILITY - 7 Upper Body Stretch

Clasp hands together. Extend arms, fingers facing you. Turn to the right. Gently pushing out, bend head and curve upper body.

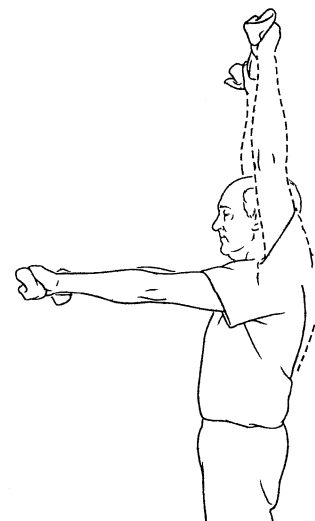


Hold _____ seconds.
Repeat to other side.

Repeat _____ times.
Do _____ sessions per day.

FLEXIBILITY - 15 Shoulder / Chest Stretch

With feet shoulder width apart and towel in both hands, extend towel in front.



Hold _____ seconds.
Then extend it over head.
Hold _____ seconds.

Repeat _____ times.
Do _____ sessions per day.

FLEXIBILITY - 8 Seated Stretch: Rounding Lower Body

With feet on floor, hold chair and slowly curl forward. Come back up slowly, one vertebrae at a time. Exhale while bending, inhale while rising. Breathe normally throughout.



Repeat _____ times.
Do _____ sessions per day.

FLEXIBILITY - 12 Inner Thigh / Lower Back Stretch

Sit on the floor with feet apart. Bend one leg into center. While exhaling, lean torso toward straight leg. Point toes.

Hold stretch _____ seconds.

Return. Repeat with other leg.

Repeat _____ times.
Do _____ sessions per day.



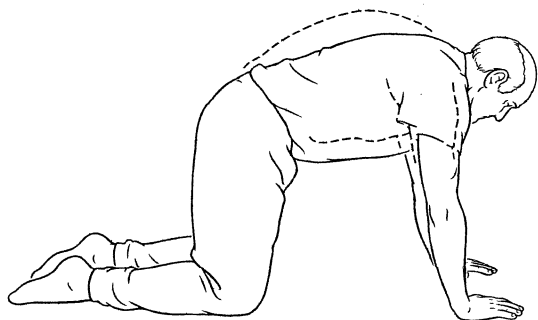
FLEXIBILITY - 10 Buttocks Stretch

Sit cross-legged or with one leg extended and the other bent. Lean forward with palms on floor. If possible, place forearm on floor for enhanced stretch.

Repeat _____ times.
Do _____ sessions per day.



FLEXIBILITY - 11 Cat Stretch



Kneel with back straight. Exhaling, arch back up. Keep abdominal muscles tight but breathe normally. Inhaling, return to straight back.

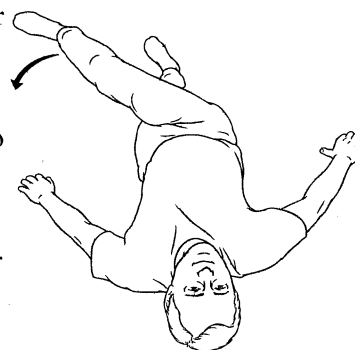
Repeat _____ times. Do _____ sessions per day.

FLEXIBILITY - 18 Across the Body Stretch

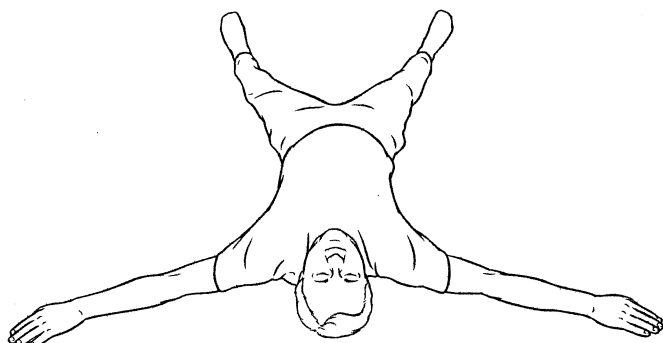
Lying flat on floor, raise one leg. Slowly roll to other side. Try to touch foot to floor, keeping shoulders flat. Hold position _____ seconds. Gently roll back to center with leg still raised. Bend knee and lower leg.

Repeat sequence with other leg.

Repeat _____ times.
Do _____ sessions per day.



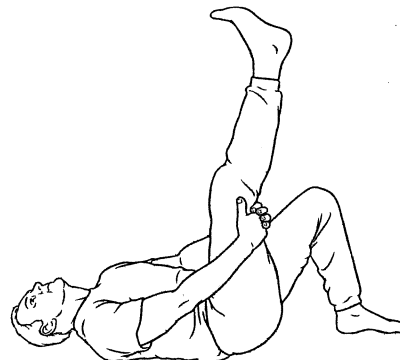
FLEXIBILITY - 19 Full Body Stretch



Lie on floor with body in "X" form. Inhaling, gently reach for four corners. Hold _____ seconds. Exhaling, relax.

Repeat _____ times. Do _____ sessions per day.

FLEXIBILITY - 20 Supine Hamstring Stretch



Lift one leg, placing hands behind thigh. Gently pull leg toward torso until a stretch is felt. Other leg is bent and back is flat against floor. Repeat with other leg.

Repeat _____ times. Do _____ sessions per day.