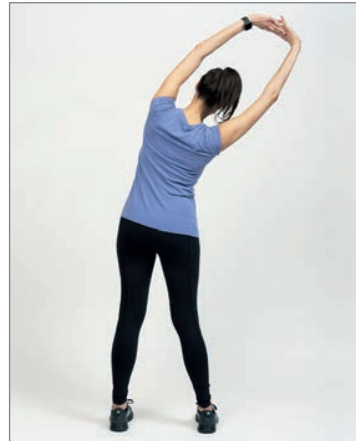


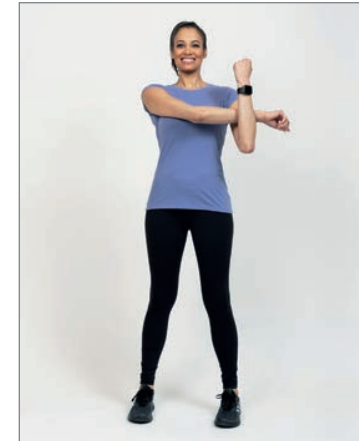
Hold all stretches for ~30+ seconds and repeat as desired. Never stretch to the point of pain.



Lateral Neck Stretch: Stretch ear gently toward shoulder until a stretch is felt in lateral neck. Repeat for other side.



Lateral Side Bend: Interlock hands with arms overhead and gently bend the torso laterally to either side. Repeat for other side.



Shoulder Stretch: Reach arm across body at shoulder height, using opposite arm to gently increase the stretch. Repeat for other side.



Wrist Extensor Stretch: With palm facing down, bend wrist so fingers point downward and use other hand to gently increase the stretch. Repeat for other side.

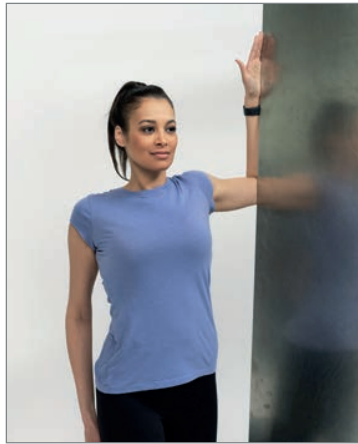


Wrist Flexor Stretch: With palm facing down, bend wrist so fingers point upward and use other hand to gently increase the stretch. Repeat for other side.

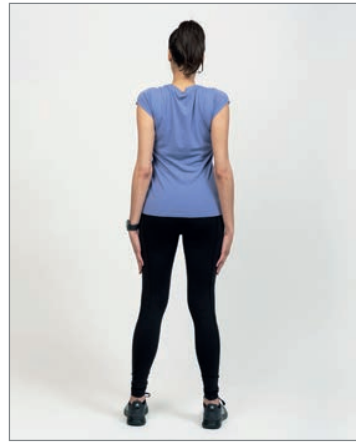


Carpal Tunnel Stretch: With palm facing up, pull fingers so they point downward. Using opposite hand, take turns extending each finger. The stretch will be felt from fingers up through forearm. Repeat for other side.

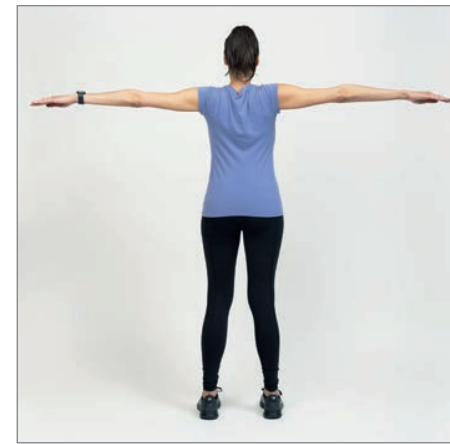
Hold all stretches for ~30+ seconds and repeat as desired. Never stretch to the point of pain.



Chest Stretch: Use doorframe to prop bent arm at approximately shoulder level, then gently lean upper body forward. Repeat for other side.



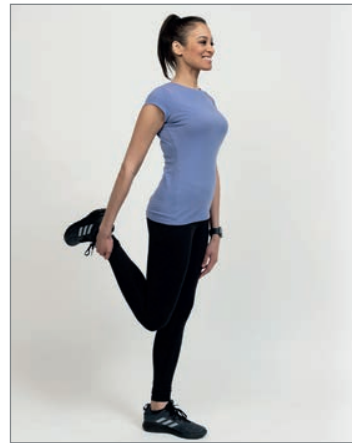
Shoulder Blade Squeeze: Retract both shoulders and try to squeeze shoulder blades together.



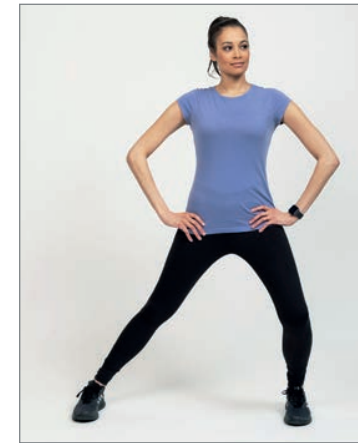
“T” Stretch: With both arms raised away from sides at approximately shoulder height, squeeze and hold shoulder blades together.



“Y” Stretch: With both arms raised halfway between shoulder height and straight up, squeeze and hold shoulder blades together.



Quadriceps Stretch: Using a wall, chair back, or countertop for balance, keep knees together and bend one leg to grab the ankle behind body. Gently pull foot toward buttocks. Repeat for other side.



Side Lunge: With feet wider than shoulder-width apart, bend one knee and distribute most weight to that side. Stretch should be felt in inner thigh of opposite leg. Repeat for other side.

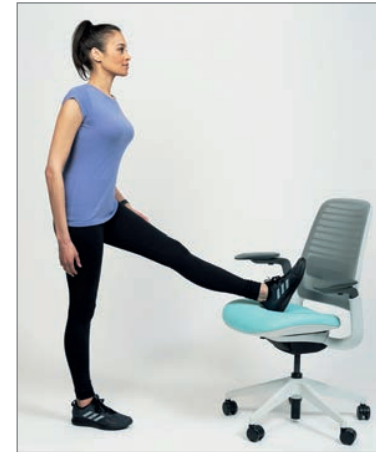
Hold all stretches for ~30+ seconds and repeat as desired. Never stretch to the point of pain.



Calf Stretch: Prop toes of one foot on a small object. Carefully step forward with opposite foot. Repeat for other side.



Calf Stretch: Lean into wall with one leg in front of the other. Try to keep heel of back leg planted and gently increase the amount of forward lean. Repeat for other side.



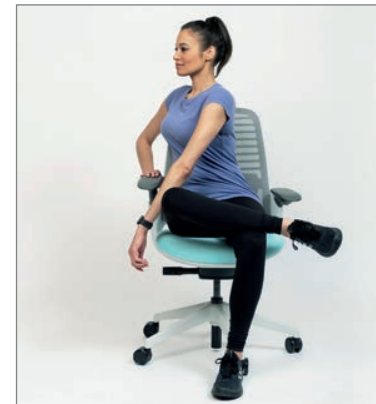
Hamstring Stretch: Prop one leg on a piece of furniture or step, and gently lean forward while keeping leg straight. Repeat for other side.



Hamstring Stretch: With knees straight but slightly relaxed, bend at the waist, keeping the back straight. Can use chair or wall for balance and extra stretch.



Seated Hip Stretch: While seated, cross one ankle over the other knee. Use hand to gently push down on the top (bent) knee. Repeat for other side.



Seated Back Stretch: While seated, cross one ankle over the other knee. Gently turn torso toward the side of the top (bent) knee. Repeat for other side.