MORNING STRETCHES

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Neck Rotation

Turn your head to look over your shoulder.
Hold for 10 seconds.
Switch to opposite side.
Hold for 10 seconds.

Repeat 5 Times	Hold 10 Seconds
Complete 2 Sets	Perform 2 Times a Day



Neck Flexion-Extension

Tilt your chin down to your chest.
Hold for 10 seconds.

Tilt your chin up - Look up to the sky.
Hold for 10 seconds.

Repeat 5 Times	Hold 10 Seconds
Complete 2 Sets	Perform 2 Times a Day



Neck Side-Bend

Bend your left ear to your left shoulder.
Use your Left hand on top of your head to apply gentle pressure.
Hold for 10 seconds.

Switch side.

Bend your right ear to your right shoulder.
Use your Right hand on top of your head to apply gentle pressure.
Hold for 10 seconds.

Repeat 5 Times	Hold 10 Seconds
Complete 2 Sets	Perform 2 Times a Day



Cross-body Shoulder Stretch

Bring your Left arm straight across your body.
Hold Left elbow with right hand.
Apply gentle pressure.
Hold 10 seconds.

Switch arms.

Bring your Right arm straight across your body.
Hold Right elbow with left hand.
Apply gentle pressure.
Hold 10 seconds

Repeat 5 Times	Hold 10 Seconds
Complete 2 Sets	Perform 2 Times a Day



Shoulder Shrugs

Sit/Stand with your arms relaxed down to your side.
Shrug your shoulders up/down.
Hold 2-3 seconds in between.

Repeat 10 Times	Hold 3 Seconds
Complete 2 Sets	Perform 2 Times a Day



Side-bend

Sit or Stand
Raise both arms above your head.
Hold hands together.
Side-bend to the left.
Hold 10 seconds.

Switch side and bend to the right, keep your holding your hands together.
Hold 10 seconds.

Repeat 5 Times	Hold 10 Seconds
Complete 2 Sets	Perform 2 Times a Day





Leg Extension Stretch

Sit in a chair with back rest.
Raise your Left leg and rest your foot on another chair to help keep the knee slightly raised and extended.
Gently push the raised knee toward the floor using only leg muscles.
Hold for 5 - 10 seconds and release.

Switch leg.

Raise your Right leg and rest your foot on another chair to help keep the knee slightly raised and extended.
Gently push the raised knee toward the floor using only leg muscles.
Hold for 5 - 10 seconds and release.

Repeat 5 Times	Hold 10 Seconds
Complete 2 Sets	Perform 2 Times a Day





Hamstring Stretch

Sit with one leg extended and your back straight.
Bend your other leg so that the sole of your foot rests against your mid-thigh.
Reach toward your ankle.
Keep your knee, neck, and back straight.
Feel the stretch in the back of your thigh.
Hold for 30 to 60 seconds.

Repeat 2 Times	Hold 30 Seconds
Complete 2 Sets	Perform 2 Times a Day



Standing Quadriceps Stretch

While standing, hold onto a countertop or chair back to assist in balance.
Bend your knee by grasping your ankle with one hand, moving your foot toward your buttocks.
Gently pull on your ankle to bend your knee as far as possible.
Maintain position for 30 seconds.
Return to standing position.

Repeat 2 Times	Hold 30 Seconds
Complete 2 Sets	Perform 2 Times a Day



Cross-leg Side-bend

Hold on to chair with right hand.
Stand tall and cross Left foot in front of the other.
Side bend to the right towards the chair.
Hold 30 seconds.

Switch leg.

Repeat 2 Times	Hold 30 Seconds
Complete 2 Sets	Perform 2 Times a Day



Seated Hip Stretch

Sit with your spine straight.
Lift Right leg and bend and cross and over the other.
Hold left knee with right hand.
Hug your Left knee in towards your chest.
Keep your shoulders open and your spine pulling up.
Slowly twist towards your bent leg, rotating until you feel a stretch in the outer hip. Hold for a few seconds, then release.

Repeat 2 Times	Hold 30 Seconds
Complete 2 Sets	Perform 2 Times a Day