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| **Cervical Rotation Stretch**  https://d3hpmev60g3wm2.cloudfront.net/Thumbnail/5923/img_file_14093367035400c57f6cf41.jpg  Tip your head backward, looking up toward the ceiling, then return to the starting position and repeat | **Upper Trapezius Stretch**  https://d3hpmev60g3wm2.cloudfront.net/Thumbnail/36017/img_file_1462421939572ac9b314561.jpg  Reach your hand toward the floor, then slowly sidebend your head to the opposite side and hold. | **Triceps Stretch**  img_file_14304958775543a2854031f[1]  Lift one arm straight overhead, then bend your elbow as far as possible behind your head. With your other hand, apply gentle pressure to your elbow until you feel a stretch in your triceps. Hold this position. |
| **Chest Stretch**  img_file_14304957475543a20397b0d[1]  With arms straight and fingers interlaced, raise arms upward until a stretch is felt. | **Standing Wrist Flexion Stretch**  https://d3hpmev60g3wm2.cloudfront.net/Thumbnail/3200/img_file_14023225835395be973022c.jpghttps://d3hpmev60g3wm2.cloudfront.net/Thumbnail/18115/img_file_1428078213551ebe85bcd84.png  With your other hand, bend your wrist downward until you feel a stretch. Then reverse palm and repeat stretch. | . **Finger Spread Stretch**    Begin with a fist, slowly release to a claw and then extend and spread fingers outward. |
| **Standing Lumbar Extension**  https://d3hpmev60g3wm2.cloudfront.net/Thumbnail/19373/img_file_1430493206554398161c1c0.png  Slowly bend backward, arching in your low back, then return to the starting position and repeat | **Standing Hamstring Stretch**  img_file_1410304694540f8ab69082c[1]  Exhale and bend forward, lowering your hands toward the floor, bending at your hips and keeping your knees slightly bent. You should feel a stretch in the back of your upper legs. | **Standing Quad Stretch**  img_file_1432918237556898dded53a[1]  Bend one knee upward and grasp your foot, pulling it toward your body and pushing your hips forward until you feel a stretch in the front of your thigh and hold. |

**\*Hold each stretch for 20 seconds and repeat 3 times each set\***