

Neck Stretch



Put one hand behind your back and lean your head to the side of your relaxed arm. Then bring your relaxed arm up and put your hand on your head, but little or no pressure on your head with that hand. Hold for 15 seconds.

Chest Stretch



Standing up, clasp hands behind lower back with arms relaxed. Squeeze shoulder blades together and try to straighten and raise arms. Avoid tipping forward at the waist. Hold for 30 seconds.

Shoulder Stretch



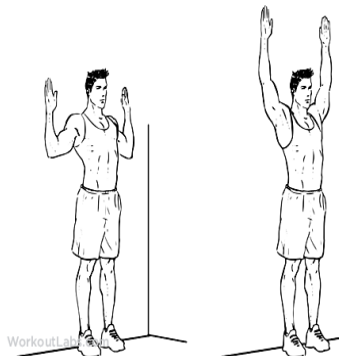
Bring affected arm across chest. Use unaffected arm to bring affected arm as close to the chest as possible. Feel the stretch at the posterior part of your shoulder.

Thoracic Rotation



Kneeling on all fours. Lift one arm up and out to the side, keeping arm straight. Rotate arm and body as far around as possible. Return to starting position slowly and repeat.

Wall Angel Stretch



Stand against a wall with your feet at shoulder-width. Place your shoulders and arms against the wall. Push your arms above you, maintaining contact with the wall. Slowly lower down your arms and repeat.

Torso Stretch



Stand with feet shoulder width apart holding a club at each end. Straighten arms overhead. Lean to one side, stretching arms up and out.

Hip Flexor Stretch



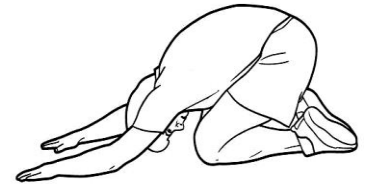
Kneel with your left knee on the floor and your right leg at a 90-degree angle in front of you. Put your hands on your right knee and keep your back straight. Keeping your left knee pressed to the floor, lean forward into your right hip. Hold for 30 seconds. Repeat on the other side.

Hamstrings Stretch



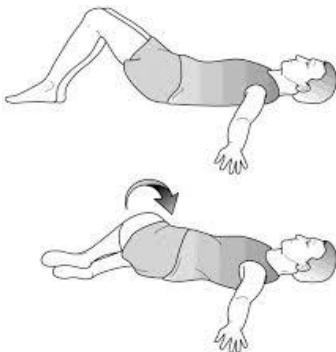
In standing, place your right foot on the object and start leaning forward from the hips. Keep the outstretched leg straight. Feel the stretch at the back of the outstretched leg. Hold for 15 seconds. Switch the legs and repeat the movement for 3-5 times.

Cat Stretch



Extend your arms straight up in air, and bring them down slowly to touch the floor. Look down on the floor. Now, stretch them forward as much as you can. Head down, forehead close to or touching the floor. Hold for 15 secs. Slowly, revert to the starting position. Repeat after a rest of 10 seconds.

Lumbar Twist in Lying



Lie flat on back, legs outstretched. Keeping knees together, bring both knees into chest and twist knees to the left. Knees should remain bent at right angles and both shoulders should stay in contact with floor. Use left arm to gently push knees towards floor until a comfortable stretch is felt. Hold for 30 seconds and repeat to other side.