

CERVICAL ROTATION

Turn your head towards the right side hold for 3 seconds, then return back to looking straight ahead.

Turn your head towards the left side hold for 3 seconds, then return back to looking straight ahead.

Complete this 3-5 times.



CERVICAL SIDEBENDING

Tilt your head towards the right side. Be sure to keep your eyes and nose pointed straight ahead the entire time—think ear to shoulder.

Hold for 5 seconds.

Then, tilt your head towards the left side. Hold for 5 seconds.

Complete 3-5 times.



SHOULDER ROLLS

Move your shoulders in a circular pattern, as shown, so that you are moving up, back, and down. Perform small circles.

Perform 5 reps.



CROSS ARM STRETCH

Start by grasping your elbow and pulling it across the front of your body for a gentle stretch. Hold for 5 seconds, then return to the starting position and repeat 3 times.

Complete on the left and right sides.



WRIST STRETCH

1. Use your left hand to hold the right wrist up as shown. Move your arm to the point that the elbow is straight. Hold for 3 seconds. Repeat for 3 reps. Complete on this on the left side.

2. Use your left hand to hold the right wrist down. Move your arm to the point that the elbow is straight. Hold for 3 seconds. Repeat for 3 reps. Complete this on the left side.

1.



2.



SEATED LATERAL TRUNK STRETCH

While seated, raise your arm over your head and bend your body to the opposite side for a stretch. Hold for 5 seconds, return to the starting position, and repeat. Complete on both right and left sides.



SEATED TRUNK ROTATION

While sitting in a chair, cross your arms in front of you or on your chest and then rotate your upper body to one side - hold for 3 seconds and then rotate to the other side and hold for 3 seconds. Repeat for a total of 5 reps.



SEATED HAMSTRING STRETCH

Sit near the front edge of a chair. Rest your heel on the floor with your knee straight and gently lean forward until a stretch is felt behind your knee/thigh.

Maintain a straight spine the entire time. Bend through your hips.

Hold for 5-10 seconds and complete 3 repetitions on the left and right sides.

