

Stretches ~ *For best results, practice daily*

IMPORTANT NOTE: Anytime you stretch, you should aim to go just far enough to feel a nice pull on your muscles; you should NOT feel pain! If you do, you've gone too far, so ease up. With time and regular practice, you'll be able to go further without pain.

Neck

Side Rotation Stretch

- Sit up straight so that your ears sit over your shoulders and your chin is tucked back.
- Move your head slowly to the right, as far as it will go.
- Hold that position for five deep breaths then gently return to center.
- Repeat for the left side.

Vertical Stretch

- Straighten your back and hold your head up straight as in the first step above.
- Slowly look down, moving your chin to your chest as far as it will go.
- Hold that position for five deep breaths, then gently return to center.
- Repeat, looking up this time, and moving the back of your head slowly toward your back.

Side Tilt Stretch

- Sit up straight. Slowly tilt your head to the right as if you are trying to touch your ear to your shoulder.
- When you feel it begin to stretch, pause there for a breath or two.
- Slowly raise your right arm over your head and lay your hand on your left temple. Apply gentle pressure to further stretch the neck.
- Hold that position for five deep breaths.
- To further deepen the stretch, place your left hand on your left shoulder and apply gentle counter pressure as though you are pulling your shoulder and head apart.
- Gently return to a normal upright posture, then repeat for the other side.

Arms/Shoulders

Overhead Stretch

- Relax your arms at your sides.
- Slowly move them out from your sides and upward until you are reaching straight up above your head.
- Stretch them toward the sky, holding for five deep breaths.
- Slowly return your arms to a relaxed position at your sides.

Elbow Up Stretch

- Sit up straight. Raise your right hand over your head, then reach behind your head to the area between your shoulder blades.
- With the left hand, grasp your elbow and gently pull it left toward the center of your body, reaching further down your back with your right hand.
- Hold this position for five deep breaths, then gently lower your arms.
- Repeat starting with the left arm.
- Over time, this stretch will get easier as your muscles become more flexible.

Legs/Hips

Piriformis Stretch

- Sit up straight in your chair, with your legs perpendicular to the ground.
- Cross your right leg over the left so that your right ankle rests on the left knee.
- Keeping your back straight, slowly bend forward. Rest your elbow on your right knee to keep it from rising (if necessary).
- You should feel this stretch in your hip and buttocks.
- Hold the stretch for five deep breaths.
- Repeat with the left leg.

One-Knee Hip Stretch

- Kneel on one knee, with the other leg in front of you at a right angle to the floor.
- Be sure your upper body is straight.
- Gently tilt your pelvis. You will feel this stretch in your hip and inner thigh.
- Hold for five deep breaths, then repeat for the other side.