**Stretches for the Neck**

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Stand with shoulders relaxed. Inhale. Exhale and bend head forward. Feel the stretch in the back of your neck.

Stand with shoulders relaxed. Inhale. Exhale and pull chin in while extending neck upward. Feel the stretch on the sides of your neck.
<p>| <img src="image1.png" alt="Image" /> | Stand with shoulders relaxed. Inhale. Exhale and push chin forward and back keeping head straight. Feel the stretch in the back and front of your neck. |
| <img src="image2.png" alt="Image" /> | Stand with neck relaxed. Inhale and bend neck forward. Exhale and bend neck backwards. Feel the stretch on the front and back of your neck. |</p>
<table>
<thead>
<tr>
<th>Stretches for the Shoulders</th>
<th>Kneel on hands and knees. Turn hands so fingers face backward. Inhale. Exhale and lean forward. Keep elbows straight but not locked. Feel the stretch in the front of your shoulder.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stand straight Inhale. Exhale and attempt to touch hands behind your back. The higher you can get your hands, the better the stretch. Feel the stretch in the front of your shoulders and pectoral muscles.</td>
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</tbody>
</table>
Bend one at the elbow. Reach behind your head and grasp the raised elbow. Inhale. Exhale and pull the elbow toward your head. Feel the stretch in your shoulder and under your arm.

Stand erect. Bring one arm in front of your chest. Grasp the outside of that arm with your opposite hand. Inhale. Exhale and draw your arm across your chest. Feel the stretch in the back of your shoulder.

Stand erect with feet slightly apart. Inhale and extend arms straight out to the sides. Exhale, and cross arms in front of your with the right arm over the left arm. Repeat, going the other way with the left arm over the right arm. Perform stretch slow and rhythmically. Feel the stretch in your whole shoulder.
Kneel down and clasp hands behind you.
Inhale.
Exhale and bend forward at the waist.
Feel the stretch in the front of your shoulders and pectoral muscles.

Place both hands on your shoulders with fingers facing toward the center of your chest.
Inhale.
Exhale and rotate shoulders backward and forward.
Feel the stretch all through your shoulder girdle.

Place a chair in front of you or use a high counter.
Bend forward and place hands on edge of chair or counter.
Inhale.
Exhale and twist your torso to one side.
Repeat with the other side.
Feel the stretch all along the outside of your shoulder.
<table>
<thead>
<tr>
<th><strong>Wall</strong></th>
<th><strong>Sit on the floor with knees raised and feet flat on the floor. Lean back so palms touch floor behind you. Inhale. Exhale and reach a little further back and/or roll your shoulders slightly forward. Feel the stretch in your whole shoulder.</strong></th>
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<tbody>
<tr>
<td>Stand near a wall. Raise one hand overhead with palm facing outward. Turn other palm backward. Inhale. Exhale and reach further back with each hand at the same time. Feel the stretch all through your shoulder.</td>
<td>Kneel in front of a box. Lean forward and place one hand on top of the other on the edge of the box. Inhale. Exhale and tuck your head toward your chest. Feel the stretch all along the back of your shoulders.</td>
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</tbody>
</table>
Stand erect. Bring one elbow up and lower your hand behind you. Inhale. Exhale and reach behind you from below with the other hand. Try to touch both hands. Feel the stretch all along your shoulders.

Kneel on the floor. Place one hand flat on the floor, elbow bent. Inhale. Exhale, and extend the other arm straight out to the side. Feel the stretch all around your shoulders.
**Stretches for the Back**

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- Sit, with right leg out straight to the side; bend left leg so the soul of your left foot rests against your right leg. Bend toward your right leg until your elbow touches the inside of your knee. Inhale, then stretch on the outbreath. Don't force the stretch.

- Lie on your back. Clasp hands underneath your knee. Draw your knee toward your chest. Inhale, the exhale and stretch. Hold stretch for 10 seconds. Keep shoulders on the ground and do not force the stretch.

- Lie on your back. Raise your arms overhead with palms up. Inhale, and on the exhale, point your toes and reach your hands farther back at the same time.

- Kneel on floor with buttocks on heels. Inhale. As you exhale, tuck your head toward your chest and lean forward until palms touch the floor. You should feel the stretch all along your back. Avoid this stretch if you have problems with your knees.
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<th>Exercise 1</th>
<th>Exercise 2</th>
<th>Exercise 3</th>
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<tr>
<td>Lie on your back. Interlace your hands behind both knees. Inhale. Bring both knees toward chest as you exhale.</td>
<td>Sit with knees bent, toes pointing outward. Inhale and lean forward to grasp your ankles. Your arms should be positioned on the inside of your knee. Hold the stretch for 20 seconds. Release. Repeat stretch several times. Do not bounce. Stretch slowly and smoothly.</td>
<td>Sit on floor with legs straight, toes facing up. Turn your upper body until your hand reaches the outside of the opposite hip. Inhale, then exhale and stretch. Hold stretch for 20 seconds. Release. Repeat stretch several times.</td>
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<tr>
<td>Exercise Description</td>
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<tr>
<td><strong>Sit on floor. Bend one knee. Extend the other leg out to the side. Grasp the ankle of the bent leg. Inhale, and reach for the ankle of the outstretched leg on the exhale. Hold stretch for 20 seconds and release. Repeat several times</strong></td>
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<td><strong>Lie on side with knees flexed. Drop top knee toward opposite side, while twisting torso in the opposite direction at the same time. Inhale first, and exhale on the stretch. Repeat several times. Turn body and repeat to opposite side.</strong></td>
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<td><strong>Stand straight; flex knees. Slowly bend forward until you can grasp your ankles. Raise your hips at the same time for increased stretch. Do not bounce; let your body stop where it will. Inhale, and stretch on the exhale. Come back to original position and repeat.</strong></td>
</tr>
</tbody>
</table>
Sit, with legs stretched out to sides. Drop one shoulder so that arm comes across the front of your body. At the same time, raise opposite arm overhead and stretch to the side. You should feel the stretch all along that side of your body. Inhale, and exhale and stretch. Repeat on opposite side.

Sit with knees extended in front on you. Slightly flex knees. Place hands on legs. Bend forward toward your ankles. Do not bounce or force the stretch. You should feel the stretch all along your back from your butt to your shoulders. Inhale. Stretch as you exhale. Repeat several times.

Sit comfortably with knees up. Drop one leg and curl it near the opposite buttock. Raise arms overhead. Inhale Exhale and bend upper body forward and to the side, dipping head toward floor. Feel the stretch along entire back. Do not bounce.
Lie on your back with arms out to the sides at shoulder height. Legs straight. Inhale Exhale, and lift one leg and extend it to the opposite side in front of your body. Repeat on opposite side.

Lie on the floor, knees up, feet flat on floor. Raise arms overhead. Inhale Exhale and push abdomen into the ground while at the same time extending arms further overhead. Feel the stretch in your lower back. Repeat several times.

Lie on your back. Knees up, feet on floor. Place hands behind both knees. Inhale Exhale and draw knees toward chest while at the same time raising shoulders slightly off the ground. Repeat several times.

Sit with knees out straight in front of you. Bend one knee and rest foot near the inside of the opposite leg. Raise arms in an arc overhead. Inhale Exhale and stretch body toward the outstretched leg. You should feel the stretch along your side. Do not bounce.
Stand with legs slightly apart, toes forward. Place hands on hips. Inhale. Exhale and turn your body toward one side so you are looking over your shoulder. Stretch to the opposite side. Repeat several times. Perform stretch slowly. You should feel the stretch in your lower back and hips.

Sit straight, with legs crossed, Indian-style. Place hands on hips. Inhale. Exhale, and turn your upper body to one side, looking over your shoulder. You should feel the stretch in your lower and mid-back. Repeat to the other side.
Lie on your back, with knees raised, feet flat on floor. Raise one arm overhead. The other arm is at your side. Inhale. Exhale, and press your abdomen into the floor. Feel the stretch in your lower back.

Lie on the floor. Lace your hands under your knees, bringing shoulders up, head tucked in toward your chest. Inhale. Exhale and rock your body back slightly. Feel the stretch along your entire back.

Sit, with knees up. Hands are clasped under front of knees. Pull your upper body toward your knees. Inhale. Exhale as you drop your head forward. Do not bounce.

Stand facing a box or bench. Place right foot on the box. Place your left hand on your right knee; right hand on your waist. Inhale. Exhale and turn your upper body toward your right raised leg.
| **Kneel down on both knees. Place a pad under knees if surface is too hard.** |
| **Inhale. Exhale and bend your body backwards, trying to touch your feet. Keep legs straight; do not let them angle away from body.** |
| **Repeat several times.** |

| **Place a small table or box behind you.** |
| **Kneel down in front of table. Inhale. Exhale and reach back to grasp the table. Extend your head backwards. Feel the stretch all along your back as muscles contract.** |

| **Lie flat on floor on your back. Place hands overhead, palms flat on floor. Lift your body to create a bridge. Inhale. Exhale and raise your buttocks. Feel the stretch along your whole back. Do not execute this exercise if you have back pain or shoulder pain.** |
Stand with feet apart. Inhale. Exhale and bend body to side. Reach for your foot and tuck your head in. Feel the stretch along the outside of your body.

Get down on one knee. Keep the other knee flexed. Lace hands behind your head. Inhale. Exhale and bend to the side. Feel the stretch on the side of your back.
Stand with feet apart. Place one hand on your hip. Raise the other hand overhead. Inhale. Exhale, and bend arm and head toward other side. Feel the stretch on the side of your back (lats). Repeat several times. Change sides and repeat.

Kneel on both knees. Flex one knee with foot flat on floor. Extend and bend the arm on the kneeling side to rest behind your neck. Place the other hand on your hip. Inhale. Exhale and bend your head and flexed arm to the opposite side and return. Repeat several times. Repeat on the other side.
Kneel; raise one leg and extend out to the side. Raise and bend opposite arm and clasp hand behind neck. Place opposite hand on hip. Inhale. Exhale, and bend toward the outstretched leg. Repeat several times. Move to the opposite side and repeat.

Stand with feet slightly apart. Inhale. Exhale. Bend your body to the side, clasping your opposite hand on your shin. Turn your head to increase the stretch.

Kneel and extend one leg out to the side. Inhale. Exhale and bend forward, sliding both hands down the extended leg as far as you can without bouncing. Tuck in your head and feel the stretch all along your back.
Sit with feet extended in front of you, knees slightly flexed. Inhale, Exhale and bend forward trying to reach the top of your foot. Do not bend nor force this stretch. Tuck in your head to increase the stretch.

Lie on floor. Raise legs straight up. Extend hands above your head. Inhale, Exhale and extend legs overhead. Your butt should be in the air, but keep your upper back on floor.

Stand with both feet together. Bend forward so hands touch the ground. Keep your knees flexed. Bend first one knee then the other in a back and forth motion as if you were walking.
Kneel down. Extend your left hand out in front of you. Grasp your left knee with your right hand, just below the knee. Bring that knee toward your shoulder. Repeat with other side.
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| Stand next to a doorframe or wall. Place your hand on the wall above shoulder height. Inhale. Put the leg next to the wall behind you and lean your hip toward to wall. Exhale as you lean toward the wall. This is a good stretch for the iliotibial band (outside of the leg from the hip to the knee) |

| Lie on your back. Place one leg over the other knee. Lace your hands behind that knee. Inhale. As you exhale, bring the leg closer to your chest. You should feel the stretch on the outside of your hip. |

| Lie on your back, with both knees flexed, feet flat on floor. Clasp your hands behind one knee. Inhale. Exhale and draw the knee toward your chest. Try to straighten your leg as you lift. Feel the stretch in your |
Sit with legs straight in front of you.
Bend right leg and tuck it toward your left buttock.
Raise your left leg and place foot on outside of tucked knee.
Inhale.
Exhale and draw raised knee toward right side.
Feel the stretch in your hip and outside leg.
Repeat on other side.

Stand with back against a wall.
Your feet should be several inches from the wall.
Raise one leg and clasp hands behind that knee.
Keep head straight.
Inhale.
Exhale and draw the knee toward your chest.
Feel the stretch in your hamstring and hip.
Repeat on other side.
Squat down with one knee flexed and the other leg outstretched behind you. Keep your head and back in a straight line. 
Inhale. Exhale and bend forward to touch the toes of the bent leg. Feel the stretch in your hamstrings and calves. Switch legs and repeat.

Lie on your back with your legs resting on a wall. Inhale. Exhale and dorsiflex (bring them toward you) your toes. You can do this with one leg at a time or both. Feel the stretch in your calves and ankles.

Lie on the floor. Grasping your ankles, bring the soles of your feet together. Inhale. Exhale and draw your ankles toward your crotch. Feel the stretch in your groin muscles on the inside of your legs.
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| **Bend forward with hands touching the ground, knees flexed, on toes.**  
  Inhale.  
  Exhale and straighten one leg at a time by lowering your heel to the ground.  
  Repeat with other leg.  
  Feel the stretch in your hamstrings and calves. |
| **Lie on your back with knees up, feet flat on floor.**  
  Raise one leg and clasp hands behind your knee.  
  Inhale.  
  Exhale, and draw your bent knee toward your chest.  
  Feel the stretch in your hamstrings.  
  Note: Same as LG-03, but more gentle. |
| **Lie on your back.**  
  Lift both legs with knees slightly wider than body-width.  
  Grasp behind both knees.  
  Inhale.  
  Exhale and draw your knees laterally (away) from your body.  
  Feel the stretch in your groin muscles (adductors). |
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<thead>
<tr>
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<th>Text</th>
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<tbody>
<tr>
<td><img src="image1.png" alt="Illustration" /></td>
<td>Sit, with knees raised and soles of your feet touching; back straight; head up. Your knees will be up and out to the sides. Place your hands on the inside of your knees. Inhale. Exhale, and push your knees outward. Feel the stretch in your groin muscles.</td>
</tr>
<tr>
<td><img src="image2.png" alt="Illustration" /></td>
<td>Lie on your side, knees flexed. Grasp top leg near ankle. Inhale. Exhale and draw leg further behind you. Feel the stretch in your quad. Repeat on other side.</td>
</tr>
<tr>
<td><img src="image3.png" alt="Illustration" /></td>
<td>Lie on your back; one knee is flexed; the other tucked under. Inhale. Exhale, and draw knee back and forth across your body. Feel the stretch in your groin and outside leg muscles. Switch sides and repeat.</td>
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<tr>
<td><img src="image4.png" alt="Illustration" /></td>
<td>Squat down and place hands on floor with arms touching inside of your knee. Turn feet slightly outward. Inhale. Exhale and drop your butt maintaining balance. Feel the stretch in your groin, quads and hamstrings.</td>
</tr>
</tbody>
</table>
Squat down.
Place right arm on floor in front of you.
Inhale and extend left leg
Exhale and turn body extending left arm toward left ankle.
Repeat on other side.

Sit on floor and bend one knee toward the other.
Extend the other leg.
Inhale and bend toward the bent leg.
Tuck your head in and extend arm overhead for greater stretch.
Feel stretch along hip and upper leg.

Stand with legs slightly apart.
Reach toward one foot with both hands
Keep other leg straight.
Inhale and feel the stretch along the inside of that leg and you exhale.
Repeat on other side.
Bend forward at the waist. Your hands should be on the ground. Inhale. Exhale and extend hips toward one side. Feel the stretch on the inside of the extended leg. Repeat on other side.

Sit on floor with knees up. Place right knee over left. Place your right hand underneath that knee. Hold the left knee stationary with your left hand. Inhale. Exhale and pull your right knee toward your chest. Feel the stretch in your hamstring. Repeat with other knee.
Lie on your back with arms locked behind your neck. Raise both knees with feet flat on floor. Place your left knee over your right knee. Inhale. Exhale and drag your right knee across your body using your left knee. Keep your upper back on floor. Feel the stretch in your hip and the outside of your leg. Repeat with other knee.

Lie on a mat with legs extended. Raise your right knee and grasp it with your left hand. Inhale. Exhale and drag your knee across your body, keeping your upper back on mat. Feel the stretch on the outside of your leg and in you hip. Repeat with other leg.
Kneel on a carpeted floor or mat.
Keep back straight.
Raise one knee with foot flat on floor.
Inhale.
Exhale and lean forward with raised knee.
Use your hand on that knee for balance.
Feel the stretch in your hamstring and hip.
Repeat with other knee.
Be careful if there has been knee injury.

Stand with legs slightly apart.
Place hands on hips.
Turn your left foot outward.
Inhale.
Exhale and lean your body toward that knee, sliding your hand toward that knee as you lean into the stretch.
Feel the stretch in your adductors and hip.
Repeat with other leg.
Stand in front of a wall. Place your hand on the wall for support. Grasp your leg at the ankle and raise it up behind you. The graphic shows using the same side hand. It is better to use the opposite hand to insure that the knee stays in a good position. Repeat with opposite leg.