

# Standing Full Body Stretches

Stretch only to the point of tension, never pain. Use a wall or chair to help keep your balance during stretches.



## Back Stretch

Standing with your feet apart, slowly lean backwards reaching both arms back and towards each other.

*Hold for 5-10 seconds, repeat 3 times.*



## Lateral Torso Stretch

Raising one arm above the head, grasp it with the other hand and lean sideways.

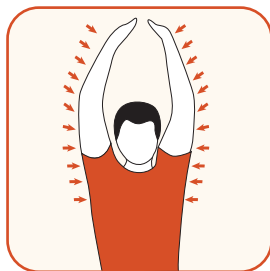
*Hold for 5-10 seconds, repeat 3 times.*



## Lateral Shoulder Stretch

Raising one arm overhead, grasp with the other hand and pull the elbow slowly behind the head.

*Hold for 15 seconds. Repeat on other side.*



## Bridge Stretch

Lifting arms above your head, interlace fingers, straightening elbows, and reaching as high as possible.

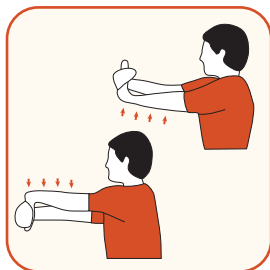
*Hold for 15 seconds.*



## Lower Back Stretch

Standing with feet shoulder width apart, twist to the right while leaning forward to touch your toe with your left hand. Extend your right arm up behind you.

*Hold for 5 – 10 seconds, repeat on the other side.*



## Forearm & Wrist Stretch

Without bending the elbow, extend one arm outwards with palm facing down. Bend at the wrist upwards, use the other hand to pull the fingers back slightly towards you. Release and now bend at the wrist downwards, gently pulling on the fingers.

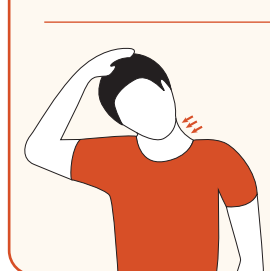
*Repeat on the other hand.*



## Neck Stretch

While tilting the head forward, gently lower the chin towards the chest. Place your hand on the back of your head for added stretch.

*Hold for 15 seconds.*



Tilt head towards shoulder without twisting the neck. You should feel the neck pull on the opposite side.

*Hold for 15 seconds, repeat on other side.*



## Posterior Shoulder Stretch

Place the left arm across the torso. Place the right hand either above or below the left elbow and pull the arm across the chest.

*Hold for 10 seconds. Repeat on other side.*



## Calf Stretch

Starting in a staggered/lunge stance, bend the back knee. Bend forward, reaching for toes of forward foot.

*Hold for 15 seconds. Repeat on other side.*



## Inner Thigh, Groin Stretch

Stand with feet shoulder width apart and toes pointed forward. Bend lightly at the right knee and move left hip downward toward the right knee.

*Hold for 15 seconds and repeat on the other side.*



## Front Thigh Stretch

Standing with feet together, bend at the knee and bring one foot backwards, grab with the hand to hold the foot in place. Keep knees together. Hold for 15 seconds and repeat on other side.

*\*Use a chair or wall as needed for balance.*