



Seated Stretches

SHOULDER CIRCLES

1. In a seated position, place your fingertips on your shoulders.
2. Circle your shoulders 15 times in a forward direction, then 15 times in the opposite direction.



UPPER BACK STRETCH

1. Relax your shoulders with your arms resting by your side.
2. Extend your arms forward at shoulder height and grab one hand with the other and push outwards while pulling your back and shoulders forward.
3. Hold for 10 seconds and release. Repeat.



CHEST STRETCH

1. Relax your shoulders with your arms resting by your side.
2. Pull your arms back while grabbing one hand, keeping both hands down near your buttocks.
3. Pull your shoulders back and hold for 10 seconds and release. Repeat.



SIT AND REACH

1. Sit at the edge of a chair and extend your legs forward with your knees slightly bent.
2. Keep your heels on the floor and toes pointed toward the ceiling.
3. Extending both arms in front of you, reach down and touch your toes, slowly bending at the waist. (Stop when you feel resistance. Do not bounce up and down.)
4. Hold for 10 seconds before returning to your resting position. Repeat.



NECK STRETCH

1. In a seated position with your feet flat on the floor, slowly tilt your head to your right shoulder.
2. Hold this position and extend your left arm to the side and downward at waist level.
3. Release, then repeat on the left side.
4. Repeat twice on each side.



HAND STRETCH

1. Begin seated with your hands stretched out in front of you, palms facing each other.
2. Open both hands to spread your fingers apart, then close your hands.
3. Repeat 10 times.

