

Stretching Routine

Each shop member should do these stretches at least twice a day

BACK - 44
Standing Backward Bend

Arch backward to make hollow of back deeper.
Hold 3 seconds.

Repeat 10 times per set.



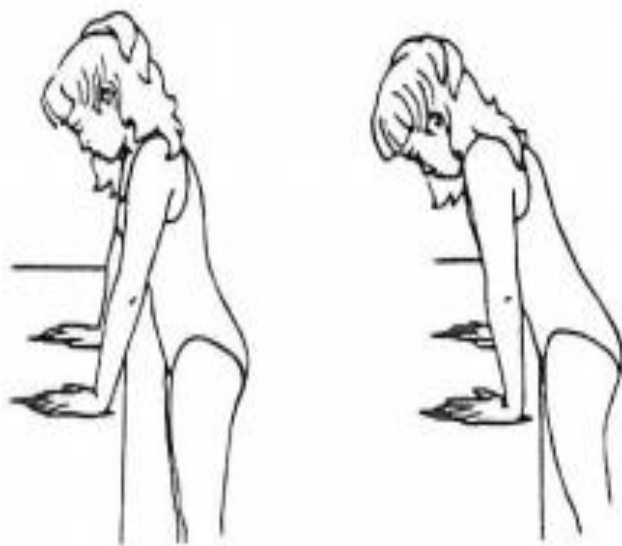
CERVICAL SPINE - 27
Levator Scapula Stretch

Place hand on same-side shoulder blade. With other hand, gently stretch head down and away.

Hold 30 seconds.



HAND - 15
Wrist Flexor Stretch



With palms resting comfortably on table, slowly move body over hands until a gentle stretch is felt in forearms.

Hold 30 seconds. Relax. Repeat 2 times.

SHOULDER - 13
Range of Motion Exercises (Self-Stretching Activities):
Caudal Glide

Grasp edge of table firmly and lean trunk away from stabilized arm.

Hold 30 seconds.
Repeat 2 times.

