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 ___ seconds.

Repeat ___ 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 ___ 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 ___ seconds. Relax. Repeat ___ 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 ___ seconds. Repeat ___ times.