

STRETCHING

EXERCISES



General recommendations

- Stretching, moving around, and changing your posture reduces the stress on your body.
- Sit up straight, so that your back doesn't touch the backrest, and relax your body.
- Leisurely do this exercise **3 to 5 times**.
- Hold the **extended position** for 12 seconds, always returning to the starting position each time.
- Don't bounce around.
- Do these exercises daily or even several times a day. You can do them at any time of the day.
- You can do all of these exercises while standing, too.

Starting position



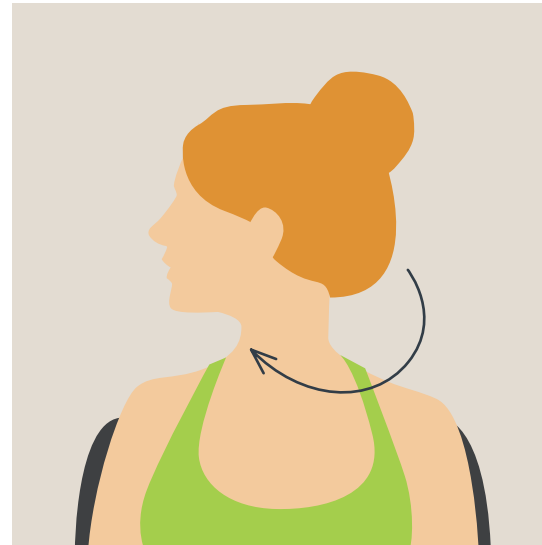
EXERCISE 1

Neck

Head rotations

✓ Turn your head to the left.

✓ Turn your head to the right.



EXERCISE 2 Neck

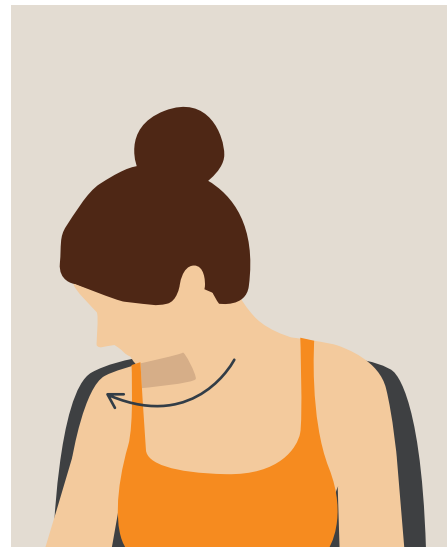
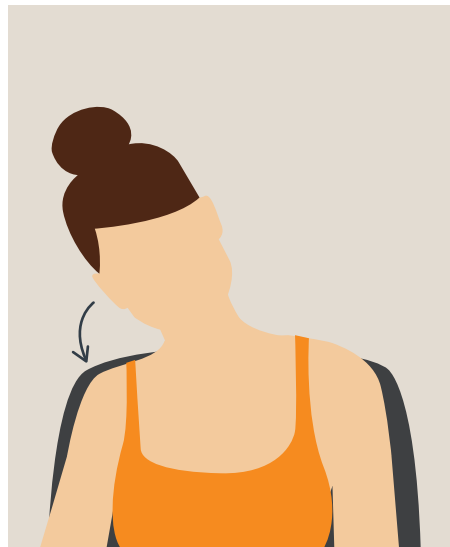
Bend your head forward and to the side

- ✓ Move your right ear to your right shoulder.

- ✓ Bring your chin to your shoulder.

- ✓ Place your right hand on the back of your head.
Carefully pull your head down to the right and hold there.

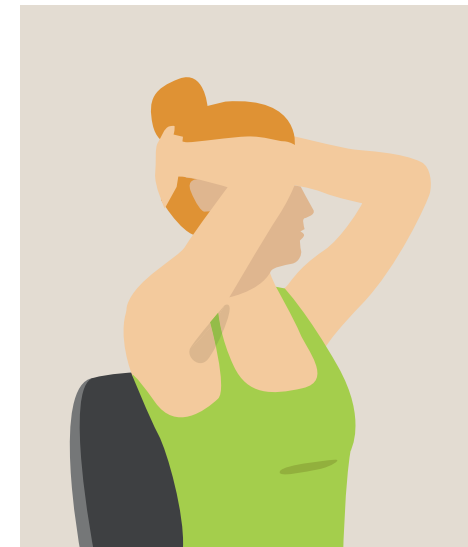
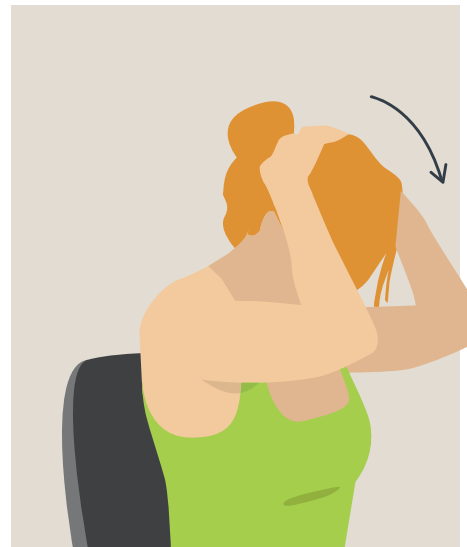
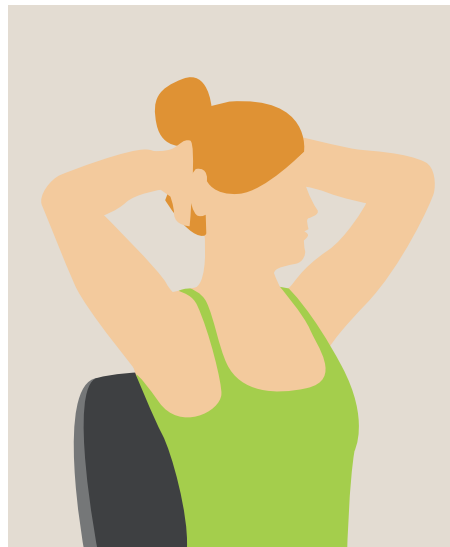
- ✓ Do the same exercise to the left.



EXERCISE 3 Neck

Bend your head forward

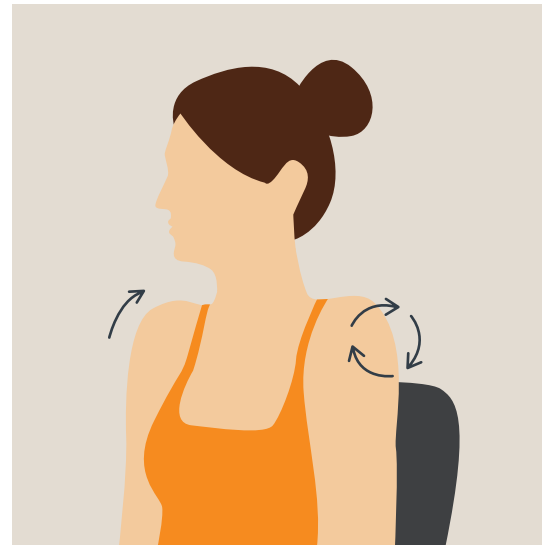
- ✓ Place both hands on the back of your head.
- ✓ Bring your elbows together.
- ✓ Carefully pull your head down and hold there.
- ✓ Slowly return to the starting position each time.



EXERCISE 4 Shoulders

Loosen up your shoulders

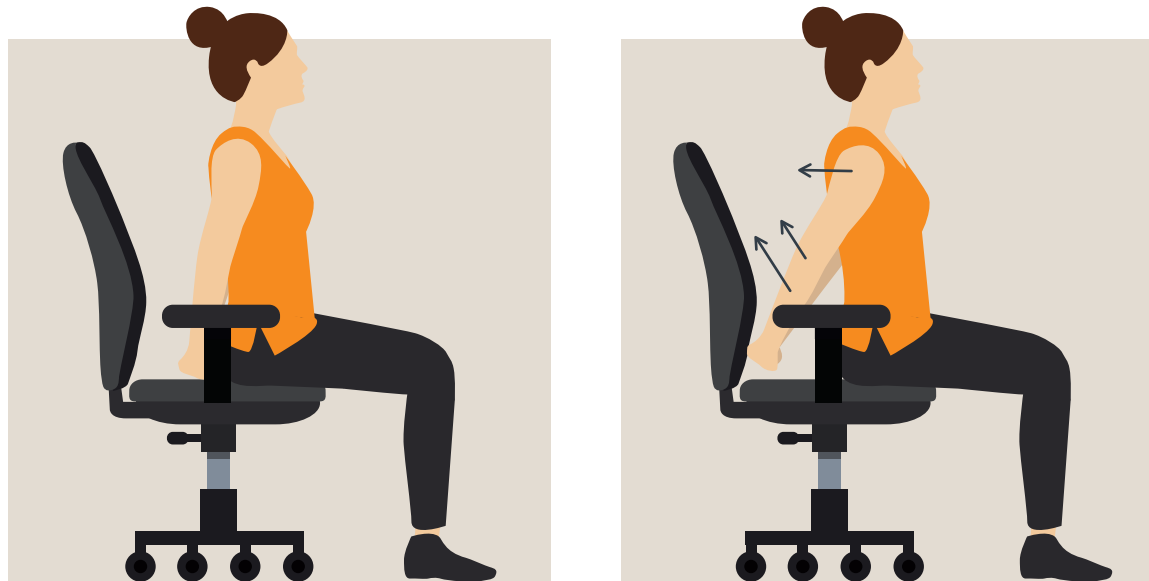
- ✓ Rotate your shoulders to the front in wide circles.
- ✓ Do this same exercise toward the back.



EXERCISE 5 Shoulders and chest

Pulling your shoulders back

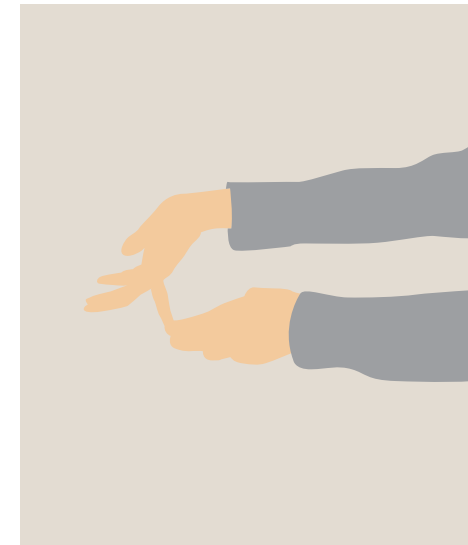
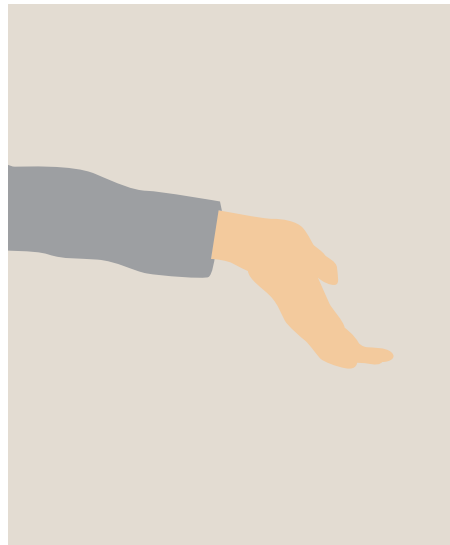
- ✓ Sit on the edge of your chair.
- ✓ Clasp your hands behind your back.
- ✓ Push your shoulders back and raise your hands upwards.
- ✓ Return to the starting position each time.



EXERCISE 6 Wrists and fingers

Loosen up your fingers

- ✓ Stretch your left arm out in front of you with your palm facing up and out.
- ✓ Pull your fingers back towards your body one by one.
- ✓ Repeat this exercise with your right arm.

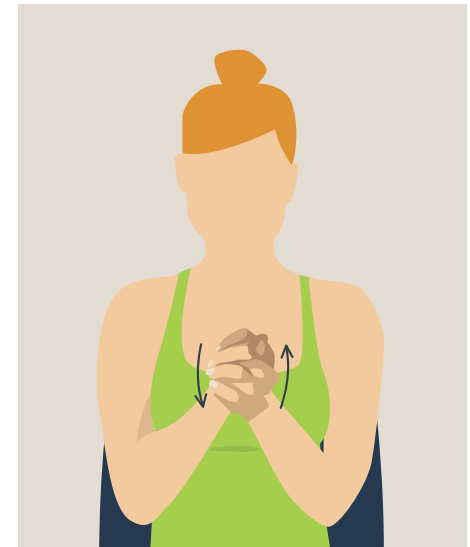
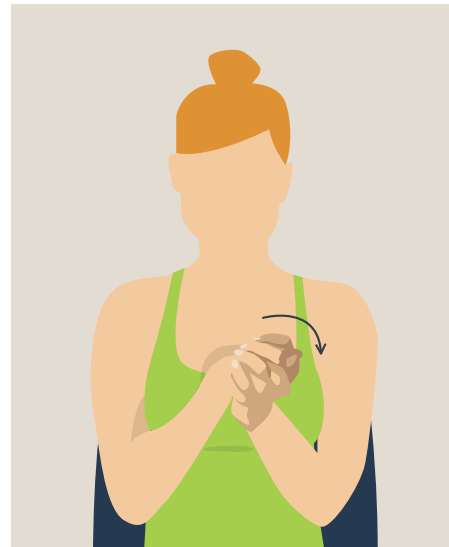
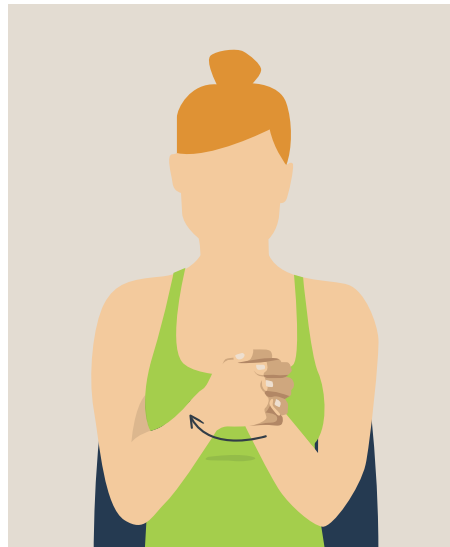


EXERCISE 7

Wrists

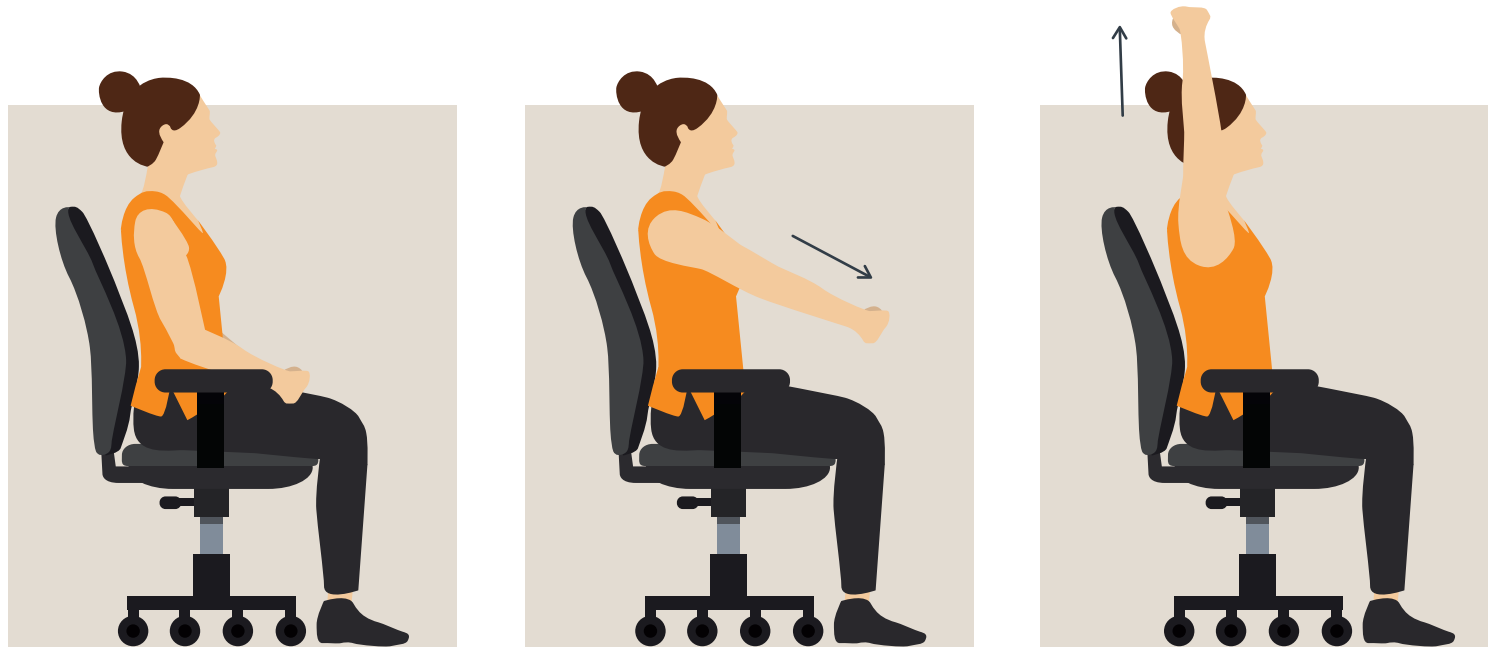
Loosen up your wrists

- ✓ Link your fingers together in front of your body.
- ✓ Leisurely rotate your wrists in every direction.



EXERCISE 8 Chest, shoulders, forearms, back Straightening/stretching your torso

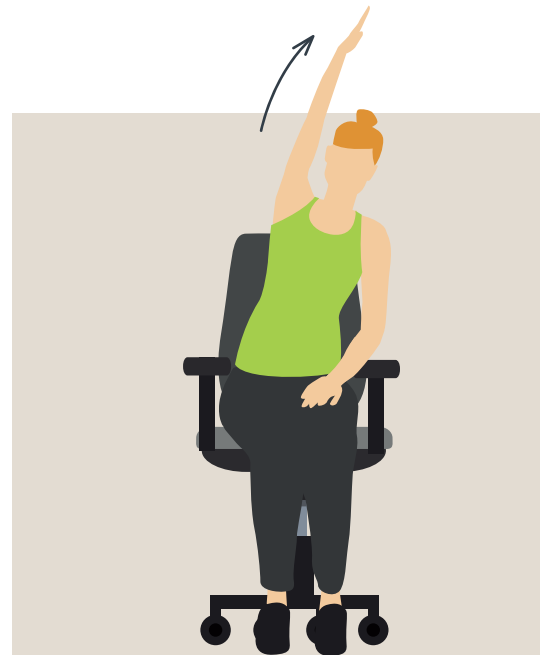
- ✓ Hook your fingers together in your lap.
- ✓ Turn your palms out to the front.
- ✓ Stretch your arms up and stretch your body as much as possible.



EXERCISE 9 Back

Stretching torso to the right

- ✓ Lift your right arm straight up with your palm facing inward.
- ✓ Bend your torso and right arm to the left.
- ✓ Repeat this exercise with your left arm.



EXERCISE 10 Back

Bending and stretching the back

- ✓ Place your hands on your thighs and sit up as straight as possible.
- ✓ Extend your torso, chest out (concave back, pelvis tilted towards the front).
- ✓ Bring your shoulders down first and then let the rest of your body sag (convex back, pelvis tilted towards the back).
- ✓ Alternate between both positions (concave back – convex back).

