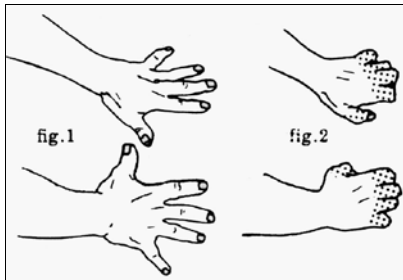


STRETCHES

Stretching reduces tension, increases blood flow, and will gradually improve flexibility. The key to stretching is to be relaxed while you concentrate on the area being stretched. Your breathing should be slow, deep and rhythmical. Stretching should be done slowly without bouncing.

HOW TO STRETCH: Stretch to where you feel a slight, easy stretch. Hold the stretch for 10 seconds. The feeling of tension should diminish. If it doesn't, ease off slightly into a more comfortable stretch. After holding the easy stretch, you can move a fraction of an inch farther into the stretch until you feel mild tension. Again, the tension should diminish or stay the same. If the tension increases or becomes painful, you are overstretching. Ease off a bit to a comfortable stretch. **NEVER HOLD A STRETCH THAT CAUSES PAIN!** Do not worry about how far you can stretch. Note: If you have had recent surgery, or have a muscle or joint problem, please consult your health care professional before starting a stretching program.



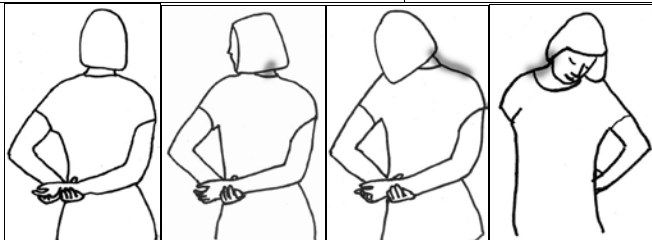
1. Finger Fan: Separate and straighten your fingers until you experience tension in your hands. Hold for 10 seconds. Relax, letting your fingers fall into a natural curve. Then, make a fist and hold for 10 seconds. Repeat once more.



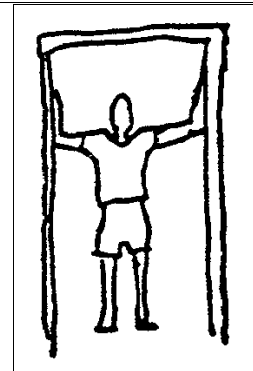
2. Shoulder Squeeze: DO NOT elevate your shoulders. Pull them back and gently force them down. You can also rotate your arms out and squeeze your shoulder blades together for a bigger stretch.



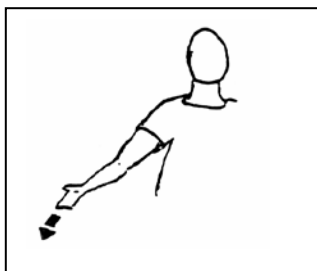
3. Neck Stretch: With your head directly over your shoulders, grab the seat with your right hand. Drop your left ear towards your left shoulder. Hold for 10 seconds. Lean away from your right hand. Hold for 10 seconds. Keeping your ear to your left shoulder, raise your chin to the ceiling. Hold for 10 sec. Repeat on the right side.



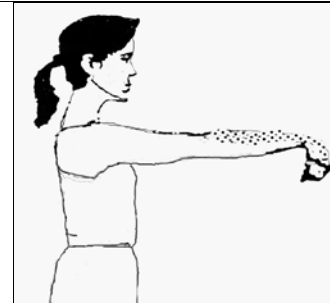
4. Ear to Shoulder. Gently pull your right arm behind your body. Keeping your shoulders down, turn your chin toward your left shoulder. Next, roll your head so that your left ear is reaching towards your left shoulder stretching the side of your neck. Hold for 10 seconds. After 10 seconds, roll your head forward so your jawbone drops toward your collarbone, stretching the right, back neck. Hold for 10 seconds. Roll head upright. Repeat this sequence on the other side.



5. Doorway Chest Stretch: Put your hands and forearms on the doorjamb, as pictured above. Carefully lean through the door to stretch your chest. Hold for 10 seconds. Try moving your hands higher and lower. This can also be done in a corner or with one arm at a time on any wall.



6. Flexor Stretch: Rotate your arm so your palm is facing up. Open your hand and fingers and extend your hand so your fingers point to the floor. For a greater stretch, gently pull your hand down with your other hand. Your arm should be fully extended.



7. Extensor Stretch: To stretch the top of your forearm, drop your fist with your arm fully extended (as pictured), keeping your elbow straight. Keep your shoulders down and tuck your chin. Pull the hand down with the other hand for a more intense stretch.