

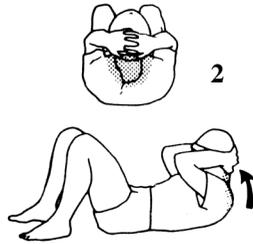
## Everyday Stretches

Stretching should be done slowly without bouncing. A complete stretch consists of an EASY stretch which reduces tension and readies the tissues for the DEVELOPMENTAL stretch. Begin by stretching to where you feel a slight tension and hold for 15-30 seconds. The feeling of tension should diminish as you hold, if not ease off slightly. After holding the EASY stretch, move a fraction of an inch farther until you feel mild tension again and hold for 15-30 seconds. If the tension increases or becomes painful ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility. The key to stretching is to be relaxed while you concentrate on the being stretched. Your breathing should be slow, deep and rhythmical.

*Dotted areas are those areas of the body where you should feel the stretch.*



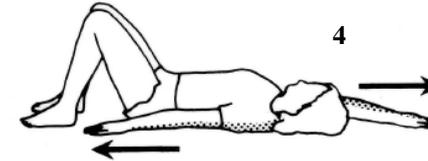
**1**  
1. Relax with knees bent and soles together. Stretch groin for 50 sec.



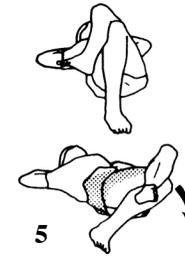
**2**  
2. With your knees together and feet on the floor interface fingers behind head slowly bring your head, neck and shoulders forward using the power of your arms until you feel a slight stretch. Hold 5 sec. Repeat 3 times.



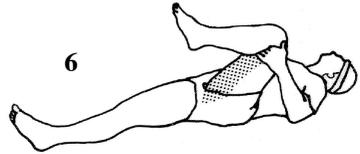
**3**  
3. With knees bent pull shoulder blades together to create tension in upper back (chest should move upward.) Hold tension for 4-5 sec., then relax and gently pull head forward as in #2 to release tension and stretch neck effectively. Repeat 3 times.



**4**  
4. With your head resting on the floor put one arm above your head and the other down your side (palms down). Keeping your lower back relaxed and flat reach in opposite directions at the same time to stretch in your shoulders and back. Hold stretch for 8-10 sec. Do both sides at least twice.



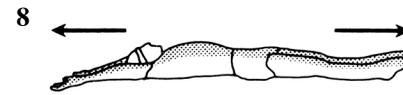
**5**  
5. In a bent knee position with Lt leg over Rt and fingers interlaced behind head. Use Lt leg to pull Rt leg toward floor to stretch along hip and lower back. Keep the upper back, shoulders, and elbows flat on floor. Hold for 30 sec and relax. Repeat stretch for other side.



**6**  
6. Relax with legs straight, keeping head on floor pull Lt leg towards chest. Hold easy stretch for 30 sec, repeat for other side.



**7**  
7. With head and shoulders flat on floor, head turned to Lt and Lt leg bent turned to Rt over Rt leg use Rt hand to gently pull bent knee towards floor. Keep feet and ankles relaxed. Hold 30 sec. Repeat for other side.

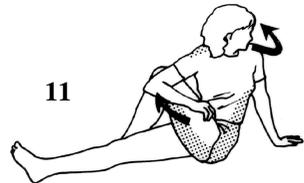


**8**  
8. With body straight, your toes and fingers pointed stretch as far as you can. Hold for 5 sec and relax.

**9** Repeat Stretch #1



**10**  
10. Sitting comfortably with the soles of your feet together put your hands around your feet and slowly pull yourself forward by bending from the hips (not shoulders) until you feel an easy stretch in the groin. Try to keep you elbows on the outside of your lower legs. Hold for 30-40 sec.



**11**  
11. With Rt leg straight and Lt foot flat on floor over Rt knee reach Rt arm over Lt leg so elbow is outside Lt leg. With Lt hand resting on floor behind you, slowly turn your head and upper body (but not your hips) to look over Lt shoulder. Rt elbow should push gently against knee to stabilize the stretch. Hold for 5-15 seconds for each side.

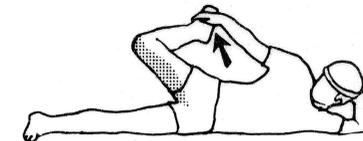


**12**

12. With your back resting against support gently pull your leg as one unit toward your chest until you feel an EASY stretch; hold for 30 seconds.



**13**



13. Lie on Lt side and rest head in palm of Lt hand; with Rt hand, hold the top of Rt foot between toes and ankle. Move front of Rt hip forward by contracting butt muscles and pushing Rt foot into Rt hand. Hold easy stretch for 10 sec.

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