

Stretch your way to good health

Perform stretches regularly at least 3 – 4 times a day

Hold each stretch for 10 – 15 seconds

Perform stretches gently and within comfort levels

If you experience any pain, tingling or discomfort discontinue stretching and seek medical advice

Lateral neck stretch



Look straight ahead and gently pull your neck so that your ear moves toward your shoulder. Repeat on the opposite side.

Neck rotation stretch



Turn your neck to the right and gently apply force to your chin with your fingers. Resist the force with your neck for a resistance stretch. Repeat on the left side.

Triceps & shoulder stretch



Raise your right arm across your body and aim for your elbow to be in line with your opposite shoulder. Hook your left arm over your right arm. Pull your right arm toward your body using the force of your left arm. Repeat on the opposite side.

Shoulder stretch



Clasp your hands in front of you keeping your arms straight and in line with your shoulder. Interlink your fingers, and push your shoulders forward without moving your upper back.

Shoulder stretch



Standing up straight, clasp your hands behind your back, interlinking your fingers. Squeeze your shoulder blades together and lightly push your arms upwards without bending forward.

Upper back & shoulder stretch



Standing up straight, interlink your fingers and raise your arms above your head. Pull both arms up and backwards. This stretch can be done seated or standing.

Lower forearm stretch (anterior)



Place your left arm straight out in front of you with your fingers pointing towards the floor. Move your right arm out in front of you and place your right hand (from the side) over your left hand. Apply a gentle resistance force with both hands without moving your arms up or down. Repeat the steps with the opposite side.

Lower forearm stretch (posterior)



Place your left arm straight out in front of you, with the palm of your hand facing out. Move your right arm straight out in front of you and place your right hand over your left hand fingers (excluding your thumb). Very gently move your right hand towards your body pulling your left hand's fingers. You should feel the stretch on the underside of your left wrist. Repeat on the opposite side.

Lower back stretch



Stand up straight and place both of your palms on your lower back. Support your back with your hands and slowly move your lower back so that your shoulders are behind your buttocks. Hold for 5 – 10 seconds.

Front of thigh stretch



Stand up straight and bend your left leg at the knee so that your foot is behind your body. Hold your left foot behind your body with your left arm. Pull your left heel to your buttocks. Both knees should be in line. Repeat on your right side.