
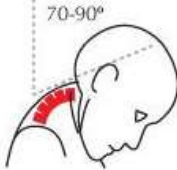


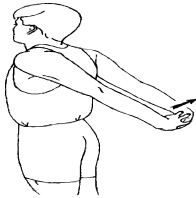









Stretches can increase range of motion, reduce sprain-strain injury risks, improve comfort, and help control postural fatigue! Do these stretches regularly to reduce fatigue and avoid injury.

NECK		
 <p><b>Lateral Bend</b></p>	 <p><b>Flexion</b></p>	 <p><b>Extension</b></p>
Tilt head sideways toward shoulder without twisting the neck. Hold for 10 seconds.	Tilt your head forward lowering the chin toward the chest. Hold for 10 seconds.	Pull head straight back, keeping jaws and eyes level. Hold for 10 seconds.
SHOULDERS / ARMS		
 <p><b>Shoulder Roll</b></p>	 <p><b>Back Shoulder Stretch</b></p>	 <p><b>Posterior Shoulder Stretch</b></p>
With arms at sides, slowly roll shoulders backward in circular motion, 8 times. Then roll forward in circular motion, 8 times.	With arms straight and fingers interlaced, raise arms until stretch is felt. Hold for 10 seconds. Repeat.	Pull arm across chest until stretch is felt. Turn head away from pull. Hold for 10 seconds. Repeat on other arm.
BACK / TORSO		
 <p><b>Torso Twist</b></p>	 <p><b>Back Stretch</b></p>	 <p><b>Lateral Torso Stretch</b></p>
Bend left leg over right leg and look over left shoulder. Place right hand on left thigh and apply pressure. Hold for 10 seconds. Repeat for other side.	Lean forward. Keep head down and neck relaxed. Hold for 10 seconds. Use hands to push yourself back up.	Hold left elbow with right hand. Gently pull your head to feel stretch in along torso. Hold for 10 seconds. Repeat for other side.
HANDS / WRIST		
 <p><b>Hand/Finger Stretch</b></p>	 <p><b>Wrist Flexion</b></p>	 <p><b>Wrist Extension</b></p>
Separate and straighten fingers for 10 seconds then bend fingers at the knuckle for 10 seconds. Repeat.	Hold arm outward with palm facing down. Gently pull fingers downward with other hand until you feel a stretch. Hold for 5 seconds. Repeat on other hand.	Hold arm outward with palm facing up. Gently pull fingers upward with other hand until you feel a stretch. Hold for 5 seconds. Repeat on other hand.

In the interest of your safety, it is important to check with your physician before beginning any exercise program and to exercise according to your fitness level and capabilities.