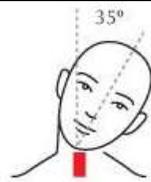
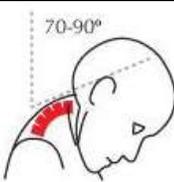
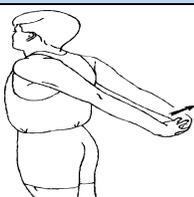
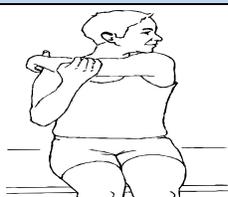


Stretches can increase range of motion, reduce sprain-strain injury risks, improve comfort, and help control postural fatigue! Do these stretches regularly to reduce fatigue and avoid injury.

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

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.