

LATERAL SIDE STRETCH



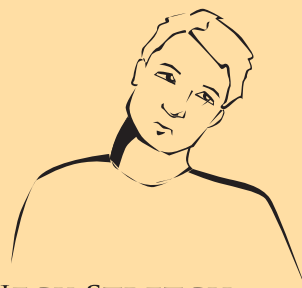
- Place right hand on right hip.
- Extend left arm over head.
- Reach overhead with left arm while flexing and extending your fingers.
- Repeat on opposite side.

ADDITIONAL STRETCHES



WRIST FLEXION STRETCH

- Extend arms straight out in front of your chest.
- Place backs of wrists together.
- Flex fingers toward your body.



NECK STRETCH

- Slowly tilt left ear toward left shoulder.
- Repeat in all directions—right, front and carefully back.

WAKE-UP STRETCH

- Raise arms above head.
- Come up on your toes.
- Reach as high as you can.
- Flex and extend fingers.

