



Marino TherapyCenters
 Since 1977 and Still Your First Choice
 Physical Rehabilitation "Centered on You"
 Division of The TherapyCenter, Inc.

STRETCHES

TO DO AT WORK

Farragut: 966-8933 Cedar Bluff: 690-2671 North: 687-1512 South: 579-4895 Oak Ridge: 482-7730 Maryville: 983-8129

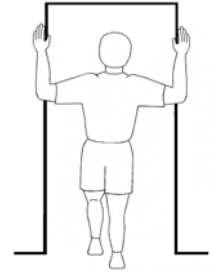
STANDING

Backward Bend



Doorway Stretch:

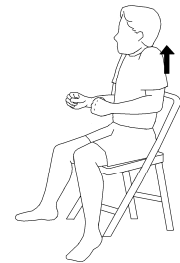
Prop forearms on either side of doorway and lean through door. Area of stretch can be varied by placing hands above head, at shoulder level, or at waist level as you lean through the door.



SITTING

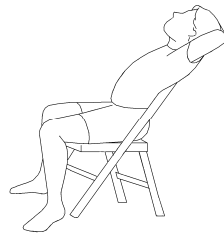
Relaxation Response:

Shrug shoulders, make fist, tighten all upper body muscles and hold 10 second. Then relax face, your shoulders and arms, resting hands in lap, relax against chair, and enjoy the feeling – 20 seconds.



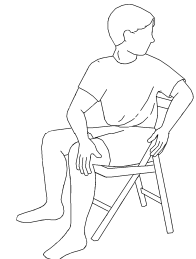
Back and Shoulder Arch:

Sit in chair with short back. Clasp hands behind head and lean backward over the chair.



Body Twist:

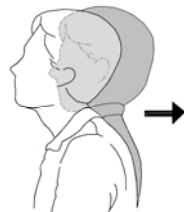
Reach one arm onto back of chair and while gently twisting, turning to look behind you. 3 x 10 seconds each direction.



STANDING OR SITTING

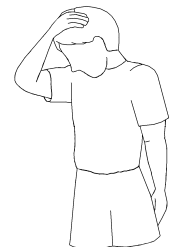
Nodding:

Tuck chin slightly so that head nods. Feel gentle stretch at base of skull.



Neck Stretch:

Reach one hand behind back and gently pull head with other hand, turning to look under your arm. 3 x 10 seconds each direction.



Hitchhiker:

Standing or sitting with arms down by side, roll thumbs back like a hitchhiker, squeezing shoulder blades back and down.



Wrist Stretch:

Arms out straight in front of you, lace fingers together and with palms pointing down so that wrists are bending backwards. Then bring hands up to overhead position.

