

# SHOULDER CHECK

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- While standing or sitting, look straight ahead, keeping your shoulders back and relaxed.
- Slowly and gently, turn your head to look over one shoulder- as if you were shoulder checking while driving.
- Hold for 15 – 30 seconds and return to starting position.
- Repeat by looking over the other shoulder.
- Repeat 2 times on each side and continue on to Flexibility 2.

# CHEST STRETCH

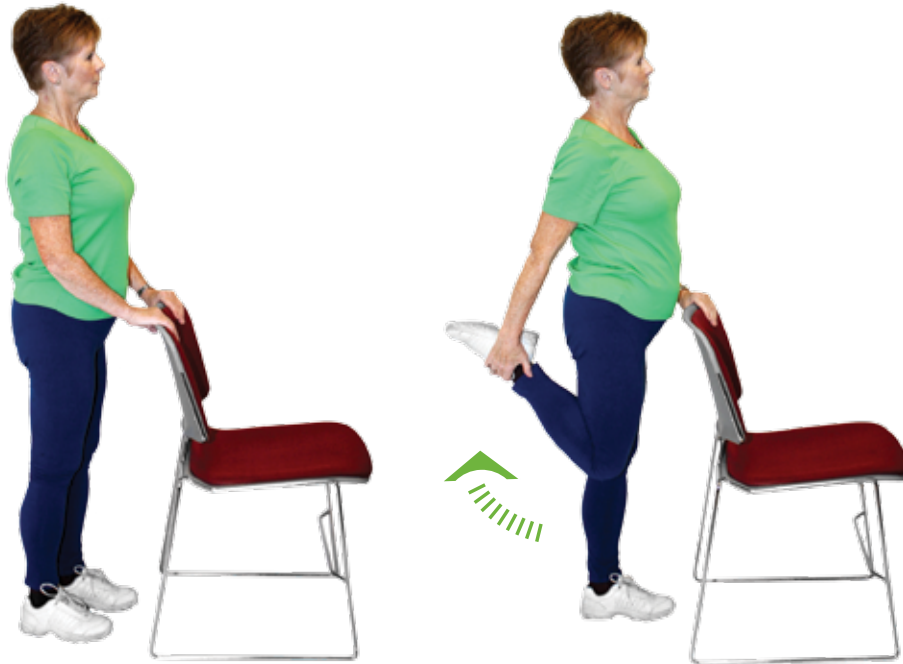
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- While standing or sitting, hold your arms out to the side, just below shoulder height with palms facing forwards with a slight bend in your elbows.
- Gently pull your shoulder blades towards each other so that you feel a stretch across the chest.
- Hold for 15 – 30 seconds.
- Repeat 2 times and continue on to Flexibility 3.

# FRONT THIGH STRETCH

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- While holding on to a chair for support with your left hand (you can hold on with your hand, one finger or not at all), bend your right knee and try to grab your right foot, ankle or pant leg with your right hand.
- Gently pull your heel towards your bum, keeping your head and shoulders upright.
- Keep your knees close together and your thighs parallel.
- Hold for 15 – 30 seconds.
- Repeat 2 times on each leg and continue on to Flexibility 4.

**(M):** *Do the same stretch using a towel wrapped around your ankle to help pull your heel to your bum.*

# CALF STRETCH

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- Hold the back of a chair or the wall for balance.
- Keep your feet shoulder width apart and your toes pointing forward.
- Step 1 to 2 feet back with your right foot, keeping your right knee slightly bent.
- With both heels pressed into the floor, lean forward gently so that you feel a stretch in the back of your right lower leg.
- Be careful that your front knee does not go over your toes.
- Hold for 15 – 30 seconds.
- Repeat 2 times on each leg and continue on to Flexibility 5.

# HAMSTRING STRETCH

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- Sit upright near the edge of your chair, extend your right leg in front of you and keep your toes pointed up towards the ceiling.
- Gently place your hands on your right thigh without applying pressure on your leg.
- With a straight back, slowly bend forward at the hips.
- Hold for 15 – 30 seconds.
- Repeat 2 times on each leg and continue on to Flexibility 6.

# HIP STRETCH

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- Sit upright near the edge of a chair with your feet flat on the floor.
- Place one ankle on the opposite knee.
- Keeping your back straight, gently lean forward from the hips until you feel a stretch in the hip and buttocks.
- Hold for 15 – 30 seconds.
- Repeat 2 times on each leg.