

Hanging Stretch

1. Hands together. Thumbs touching. Firmly grip the bar.

2. Tilt your head all the way back. Relax your neck.

3. Keep your feet on the ground, release your knees to take your body weight off your feet while gripping the bar.

4. Relax your shoulders. Feel the stretch below your armpits.

5. Hold the relaxed stretch for 2 to 5 seconds, then stand. Repeat 2 or 3 times a day and/or before any strenuous activity.

★ You will need a chin-up bar, suspended bar or ring, or tree branch, etc. The ideal height for the bar is where you can stand and still wrap your hands around the bar.

★ Caution: you may become dizzy or lightheaded the first few times you do this stretch. Start with 1 second and gradually increase hang time. Any collarbone discomfort will gradually decrease as you continue this stretch over time.

★ Continue this stretch every day for the rest of your life.



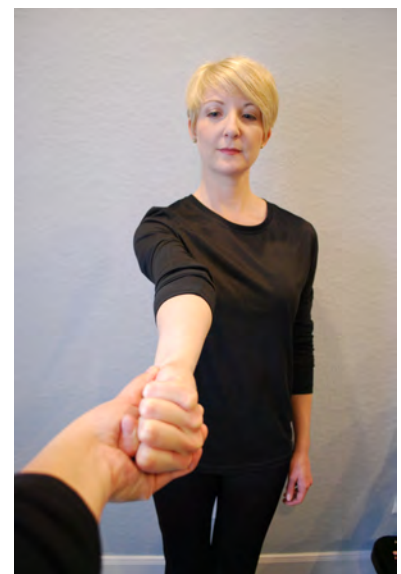
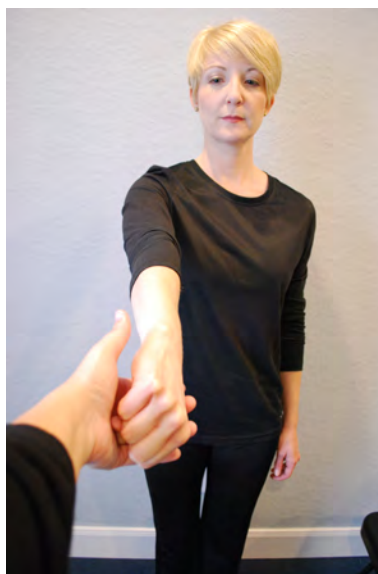
Wrist Twist

1. Extend your arm and hold your fist in a thumbs down position. Have someone hold your fist so that it will not move.

2. Twist or rotate your elbow counter clockwise. Hold stretch for 15 seconds. Release.

3. Same arm, flip your fist to a palm up position (thumb pointing sideways). Have someone hold your fist again. Rotate elbow clockwise. Hold stretch. Release.

4. Repeat with the other arm.



Chair Stretch

1. Stand beside a chair or stool. Place your left foot on it perpendicular to (toe pointing away) your body. Keep the right foot and leg straight.

2. Bend at the waist. Allow arms to hang freely. Drop your head. Inhale. Exhale. Relax into the stretch, which you should feel in your left inner thigh, back and neck. Breathe.

3. Dangle in the stretch for 10 seconds. SLOWLY straighten up.

4. SLOWLY lower your left foot off of the chair.

5. Place your right foot in the chair and repeat the stretch.

★ You may become dizzy or lightheaded when you straighten up. This usually goes away over time.

★ To help steady yourself, stretch with a wall close enough to your backside that your bottom gently leans against the wall when you bend.

★ Continue this stretch 3 times a day for the rest of your life.



Doorway Stretch

1. Stand with feet together in a doorway. Place hands on the door facing at a height above waist but below shoulders.

2. Lean forward until arms are fully extended. Allow hips to go forward as you arch your back. Tilt your head as far back as possible.

3. Hold stretch for 5 to 10 seconds. Repeat as necessary.

