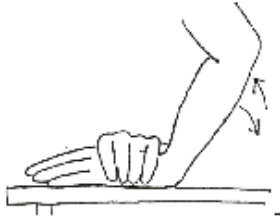


Do all of these stretches for both hands.

The Royal Wave

Hold your fingers and wrist straight. Bend the wrist towards your little finger, then bend it towards your thumb. Continue moving your hand from side to side 5 times in each direction. Repeat with the other hand.



Hands Down

While sitting, place your forearm flat on a table with the palm down. Place your other hand over the back of that hand, holding it flat on the table. Stand up so that your wrist starts to bend. Gently try to straighten your elbow so that it is directly above your wrist. Hold for a count of 5 and switch to the other hand. Repeat.

Hand Flop

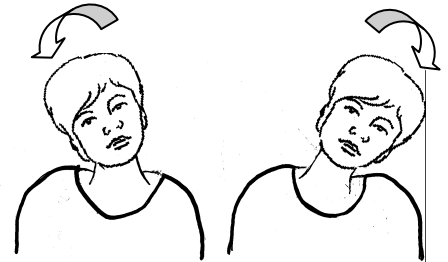
Hang your hand over the edge of a table. Bend the hand a little. Gently push with the other hand. Hold for a count of 5 and switch to the other hand. Repeat.



Choose one additional stretch from those shown below.

Windshield Wiper

While seated or standing, gently move your head from side to side as if watching windshield wipers move back and forth. Repeat for a total of 5 on each side.



Oh, Go On!

Lift one arm to the side, toss it a little and let it fall in front of you. Repeat with your other arm. Progressively raise each arm a little higher for a total of 5 on each side. Do not raise your arm above shoulder height.

Overhead Stretch

While sitting or standing, interlace your fingers. With your palms facing toward the ceiling, push both arms straight up and back slightly. Hold for a count of 5 and repeat.

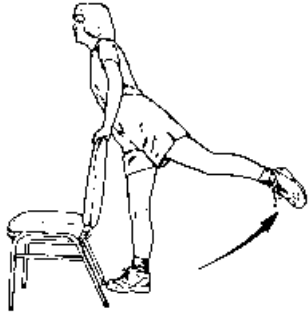


If you have an injury or are unsure about doing a stretch, please check with your doctor or specialist. Do not stretch to the point of pain. Stretches should be gentle and slow, but not bouncy.

Do all of these stretches.

Big Belly

Stand with your feet slightly apart. Place your hands in the small of your back. Keep your knees straight. Bend backwards at the waist as far as possible and hold the position for a count of 5 and repeat.



Leg Lifts

Hold on to the back of a chair or other stable item. Lift one leg back and up while keeping the knee straight. Return slowly. Raise other leg and return. Repeat for each leg.

Sprinters Stretch

Continue holding on to the back of the chair. Place one foot in front of the other. Bend the front leg while keeping the back leg straight and push your heel to the floor. Keep your back upright and bend your forward knee until a comfortable stretch is felt. Hold for a count of 5. Repeat for each leg.



Choose one additional stretch from those shown below.

Climbing the Wall

Stand with your back against a wall and feet shoulder-width apart. Slide down into a crouch with knees bent to about 90 degrees. Hold for a count of 5 and slide back up the wall. Repeat.



Back Scratcher

Raise both arms overhead. Hold the elbow of one arm with the hand of your other arm. Gently pull the elbow behind your arm. Do this slowly and hold for a count of 5. Switch to the other arm. Repeat.

Overhead Stretch

While sitting or standing, interlace your fingers. With your palms facing toward the ceiling, push both arms straight up and back slightly. Hold for a count of 5 and repeat.



If you have an injury or are unsure about doing a stretch, please check with your doctor or specialist. Do not stretch to the point of pain. Stretches should be gentle and slow, but not bouncy.