



Session 1: Stretch Summary

Reminders:

- The 4 “S’s”: Stop, Straighten up, Step away from your work and Stretch
 - Stretch gently and without pain
 - Breathe deeply
 - Begin each position standing relaxed and natural, with feet about hip distance apart and arms at sides.
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STRETCHES FOR THE NECK, SHOULDERS, ARMS AND SPINE

Notes:

- When moving from side-to-side, the range of motion from one side of the body to the other will not necessarily be the same. (*i.e. You may turn or stretch further on one side than the other.*)
 - “Neutral” is when the head in normal anatomical position, facing forward, not tipped up or down.
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Let's Practice

NECK: Begin in Neutral

- Inhale in neutral and exhale while tipping chin down towards chest. (*This stretch should be felt in the back of neck.*) Then inhale to neutral and exhale while tipping chin up towards sky. (*This stretch should be felt in front of neck.*) **Repeat 3 times.**
 - Inhale in neutral and exhale while turning chin out over right shoulder. (*This stretch should be felt in the sides of the neck.*) Inhale to neutral and exhale turning chin out over left shoulder. (*This stretch should be felt in the sides of the neck.*) When you turn your head, look down your nose and mark a spot that tells how far you have turned. **Repeat 3 times.** (*On the third time, notice if you are turning further by marking the spot again.*)
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SESSION 1: STRETCH SUMMARY

SHOULDERS: Begin in Neutral

- **Shoulder Shrugs:** Inhale, shrug shoulders up towards ears and then exhale down to neutral. **Repeat 3 times.**
- **Deep Shoulder Shrugs:** Inhale, shrug shoulders up towards ears and then exhale down beyond neutral, dropping shoulders down as far as they will go while pushing the heels of your hands towards floor. Inhale up to ears and exhale down, pushing heels of hands towards floor. **Repeat 3 times.** (*This stretch should be felt in shoulders and arms.*)

ARMS AND HANDS: Begin with Arms Out in Front of Body at Shoulder Height

- Bend wrists so that palms face away from body and fingertips point up. Take palm of left hand and gently press it against the palm/fingertips of right hand, flexing the right wrist and pushing fingers back towards body. Switch to left arm/hand. **Repeat 3 times.** (*This stretch should be felt in the underside of the forearm.*)
- Bend wrists so that palms face towards body and fingertips point down. Take palm of left hand and gently press against back of right hand/fingers. Switch to opposite arm/hand. **Repeat 3 times.** (*This stretch should be felt in the top of the forearm.*)

SPINE: Stand Comfortably Upright with Feet About Hip-Distance Apart for Solid Base

- **Twisting:** Gently begin to swing arms from side to side around the body, allowing the spine to gently twist. Movement may be fast or slow and your arms may be held close to the body or far away. Twist a little faster and then slow it down. **Twist 6 times in each direction.** Stop. (*Pose is actually called "Twisting Dragon" and comes from the practice of Qi Gong.*)
- **Moving Spine Forward and Back (Cat/Cow):** Place feet about hip-distance apart for a solid base. Lean forward slightly, putting hands on thighs. (*Use a table or chair back for support. Spine is straight, not curved.*) Inhale, filling the belly with breath. Let the stomach fill out and move forward as the back arches, head and neck come up. (*Think: Opening the front of the body.*) Exhale, emptying the belly of air, pulling the navel in toward the spine. Round the back, tuck the hips under and drop the head/chin down toward the chest. Inhale, filling the belly, arching the spine, lifting the head and neck. (*Think "cow".*) Exhale, emptying the belly, rounding the spine while tucking the hips and head. (*Think "cat".*) **Repeat 3 times.** Return to straight spine and stand up.

————— **Thank You for Choosing Health. See You Next Time!**