Stretching hor:

UPPER BODY

PRE-STRETCH WARM-UP

Always warm up the muscles before stretching to avoid injuries. Wear sweats during the warm-up and stretch periods.

Some suggested pre-stretch warm/ups are

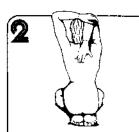
- Walk for ten minutes
- Soak in a warm tub for fifteen minutes.
- Gently rotate each arm and leg in a circular motion twenty-five times.

DIRECTIONS FOR EXERCISES

- 1. Do exercises prescribed for you.
- 2. Hold positions for 30 to 60 seconds.
- Achieve the stretch position gently, no bouncing or jerking!
- The stretch position should have a tight feeling, rever pain!
- 5. Do all exercises to both sides of body.
- Stretch before and after your sport activity. If you have time for only one, before is the most important.



Gently and slowly rotate head as shown (**Neck**)



Put elbow behind the head. Gantly pull elbow toward the center of back until stretch is felt and hold. (Shoulders)



Behind shoulders, reach down with one hand. Bring other hand up, palm out. Grab tingers. When stretch is felt, hold. (Shoulders)



Pull albow across chest as shown. When stretch is felt, hold. (Shoukters)



With hands gripping doorway as shown, gently lean forward until stretch is felt and hold. (Shoulders)



With legs crossed and arms out, turn body until stretch is felt and hold. (Hip and Oblique)



Cross left leg over the right and bring right arm through as shown. Push on leg with arm and twist body until stratch is felt and hold. Turn head to the rear. (Hip and Oblique)





With legs together, move both legs to one side until stretch is felt and hold. (Hip and Oblique)



Pull knee to chest and mise the head to the knee. When stretch is feit, hold. (Lower back)



With legs crossed, lower body to floor. When stretch is felt, hold. Keep albows in front of knees. (Lower back)



Rock gently back and forth about 8-10 times. (Back)



Bring legs over head as shown. When stretch is felt, hold. Use the hands to keep belance. (Back)



Push the upper torso back with the arms until stretch is felt and hold. Push head as far back as it will go. (Abdomen and Chast)



Grab both feet above the ankles. Arch the back and pull the feet toward the head until stretch is felt and hold. (Abdomen and Cheat)



From sitting position with show on knee gantly pull hand to floor. When stratch is felt, hold. (Wrists)

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PRESCRIPTION PAD

(CIRCLE THE NUMBER OF EACH PRESCRIBED EXERCISE