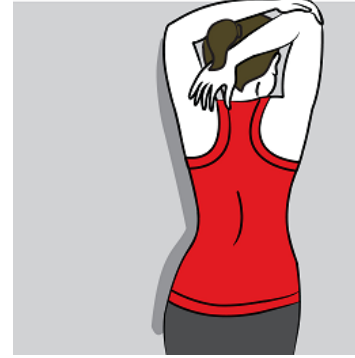


Wrist Extension



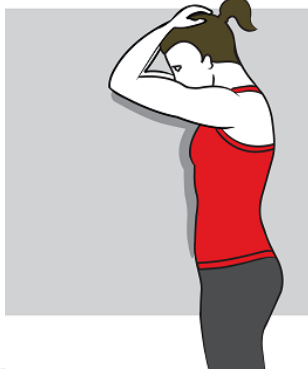
Wrist Flexion



Triceps Stretch



Shoulder Stretch



Forward Neck Flexion

Stretching Guidelines

1. Stretch gently, slowly and do not bounce.
2. Hold each stretch for 15 to 20 seconds
3. Stretch until you feel 'tension', stretching should not be painful.
4. Balanced stretching is important - whatever you do to one side, do to the other.



Lateral Neck Flexion



Foot Extension



Foot Flexion



Lateral Body Stretch



Lumbar Stretch