

Stretching Exercises

Hamstring Stretch



- Sitting with one leg extended, ankle flexed
- Lean forward at hip (keep neutral spine)

Hip Stretch



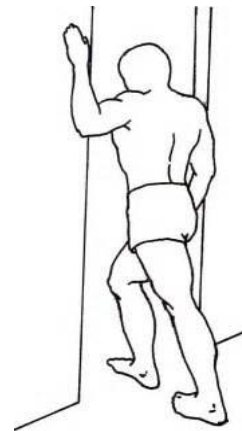
- Sitting position, cross one ankle across your knee
- Sit up tall
- To increase stretch, lean forward slightly at hips

Back Stretch



- Sitting position
- Interlace fingers and reach forward

Chest Stretch



- Rest forearm on wall
- Step forward keeping neutral spine