

# The 60 Second Stretch

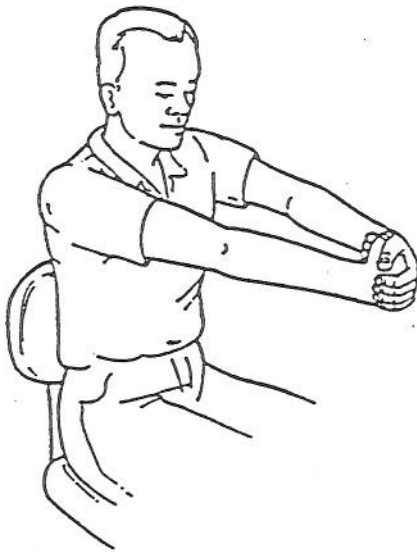
Stretch shoulders and arms by interlacing fingers behind your back, palms facing your body, and slowly turn elbows inward while straightening your arms.



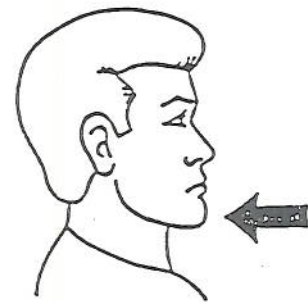
Lateral Neck Stretching - Tilt your head first to the right, hold for 10 seconds. Then tilt your head to the left, hold for 10 seconds. You should avoid lifting your shoulder to your head.



Put your palms together in front of your chest. Slowly lower your hands until you feel a mild stretch in your forearms.



Stretch arms and upper back. Straighten arms in front of you without interlacing fingers and with palms facing toward body.



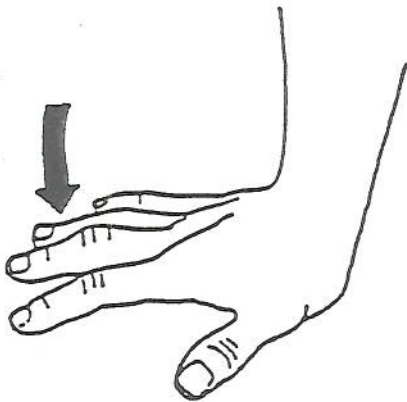
Chin Glide - Without lifting your chin up or down, glide your head straight back. Repeat slowly 5 times.

# STRETCHING EXERCISES TO HELP AVOID CTD's

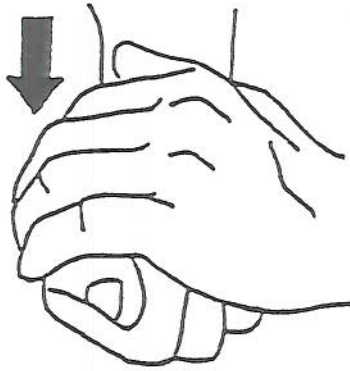
**1.** Rest right forearm on edge of desk. Grasp fingers of left hand and gently bend back wrist. Hold for five seconds then repeat, switching to the left forearm.



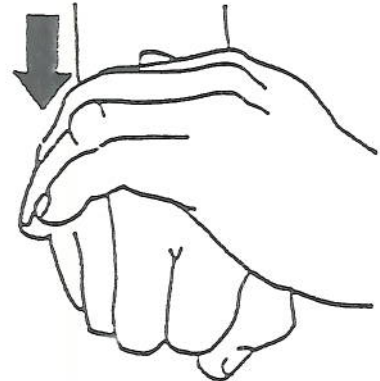
**2.** Gently press against table stretching fingers and wrist for five seconds.



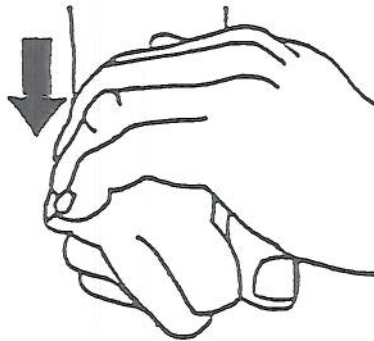
**3.** Make a loose fist and gently press down against clenched hand, keeping the wrist straight in these three positions:



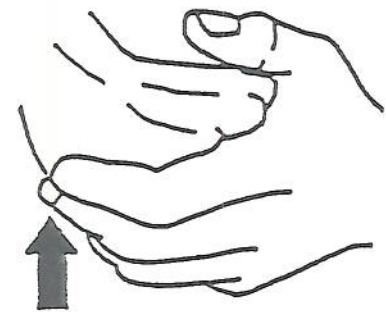
Palm up



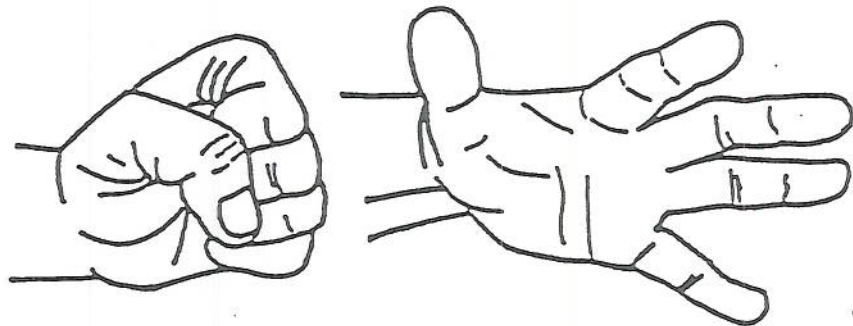
Palm down



Thumb side of fist up



Repeat these three positions with the unclenched hand pressing up on the clenched hand.



**4.** Tightly clench hand and release, fanning out fingers. Repeat five times.





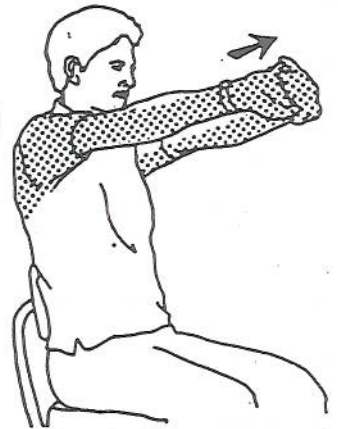
**7**  
 Gently tilt your head forward to stretch the back of the neck. Hold for 5-10 seconds. Repeat 3-5 times. Hold only tensions that feel good. Do not stretch to the point of pain.

**8 9**  
 Repeat stretch #3



Hold your left arm just above the elbow with the right hand. Now gently pull elbow toward opposite shoulder as you look over your left shoulder. Hold stretch for 15-20 seconds. Do both sides.

**10**



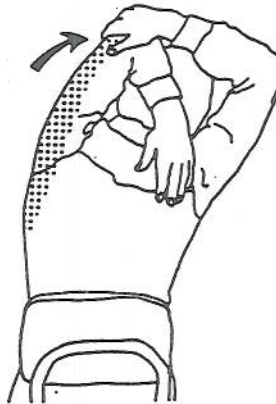
Interlace fingers, then straighten arms out in front of you. The palms should be facing away from you as you do this stretch. Feel stretch in arms and through the upper part of the back (shoulder blades). Hold stretch for 20-30 seconds. Do at least two times.

**11**



Interlace fingers then turn palms upwards above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10-20 seconds. Hold only stretches that feel releasing. Do three times.

**12**



Hold left elbow with right hand, then gently pull elbow behind head until an easy tension-stretch is felt in shoulder or back of upper arm (triceps). Hold easy stretch for 30 seconds. Do not overstretch. Do both sides.

**13**



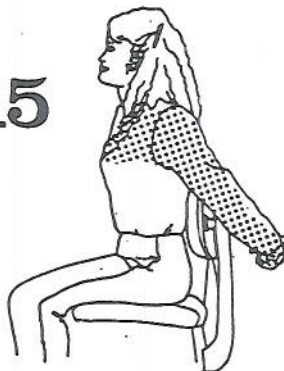
Hold onto your lower leg just below the knee. Gently pull bent leg toward your chest. To isolate a stretch in the side of your upper leg, use the right arm to pull bent leg across and toward the opposite shoulder. Hold for 30 seconds at easy stretch tension. Do both sides.

**14**



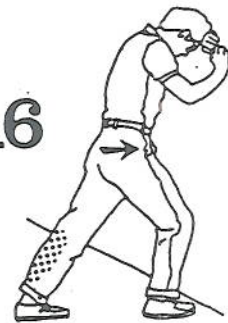
A stretch for the side of hip, lower and middle of back. Sit with left leg bent over right leg, then rest elbow or forearm of right arm on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with the elbow or forearm. As you do this look over your left shoulder to get the stretch feeling. Do both sides. Hold for 15 seconds.

**15**



The next stretch is done with fingers interlaced behind your back. Slowly turn your elbows inward while straightening your arms. An excellent stretch for shoulders and arms. This is good to do when you find yourself slumping forward from your shoulders. This stretch can be done at any time. Hold for 5-15 seconds. Do twice.

**16**



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the floor and your toes pointed straight ahead. Hold an easy stretch for 30 seconds. Do not bounce. Stretch both legs.

Bob & Jean Anderson, the creators of this stretching card, are also the authors of the book **STRETCHING**.

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