

STRETCHING I

1 WARM UP

- Warming Up Helps Prevent Over Stretch Injuries And Gives You Better Stretching Results

2 FOCUS

- On The Body Area You Are Trying To Stretch
- Stretch Less Flexible Areas More Often
- Take The Stretch To A Point Of Discomfort Only - Not Pain

3 BREATHE

- Deeply, Fully, Slowly
- Don't Hold Your Breath!

4 RELAX

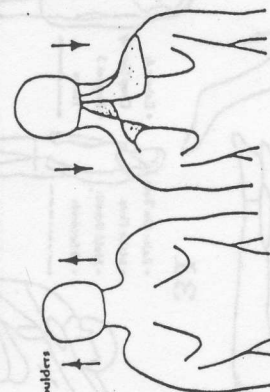
- Don't Perform Bouncy Stretches This Can Just Increase The Tone Of The Muscle

5 HOLD

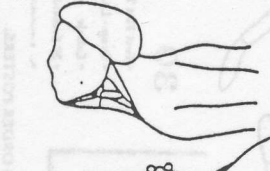
- Until You Feel The Stretch Ease Up (10-30 Seconds)
- If You Feel Pain EASE UP!
- Don't Overstretch - Pain Is Not A Positive Indicator Of A Beneficial Stretch
- End The Stretch Slowly

Increased Flexibility Will Be The Result Of Regular Stretching - Daily Is Best!

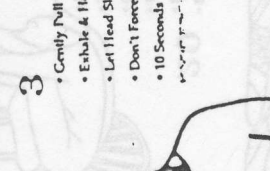
Note: Conduct your physical or therapeutic stretching at appropriate times of each stretch for you.



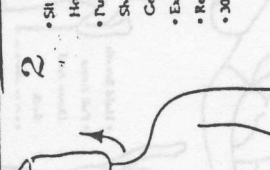
- 4
- Inhale
 - Raise Shoulders
 - Hold
 - Exhale & Relax
 - Repeat 3 Times



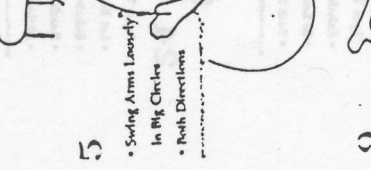
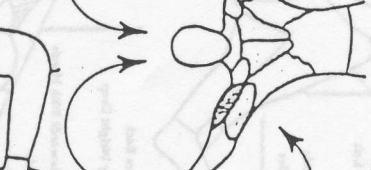
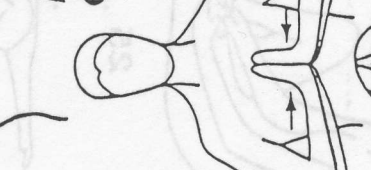
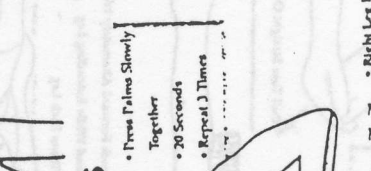
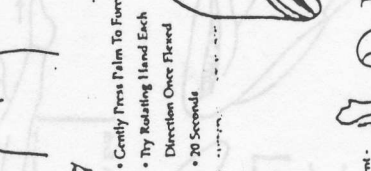
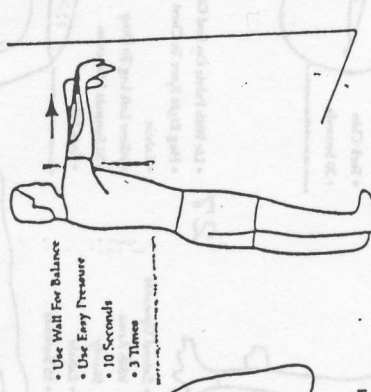
- 3
- Gently Pull Chin To Chest
 - Hold & Hold 30 Sec.
 - Exhale & Hold 30 Sec.
 - Let Head Slowly Fall Back
 - Don't Force It!
 - 10 Seconds



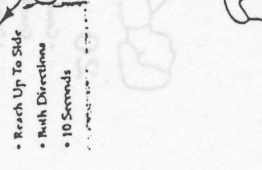
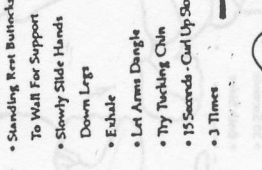
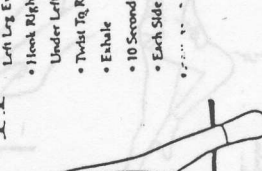
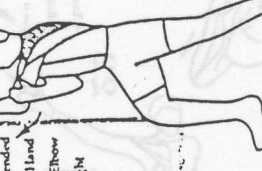
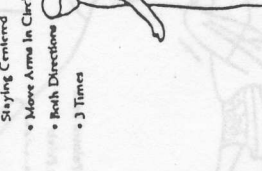
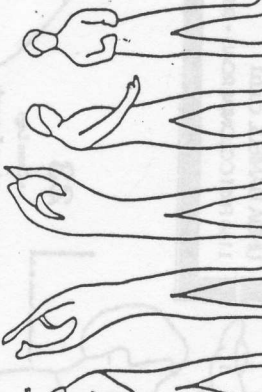
- 2
- Sit On Left Hand Or Hold Chair Leg
 - Pull Ear To Shoulder Very Gently & Slowly
 - Exhale
 - Release Slowly
 - 30 Seconds



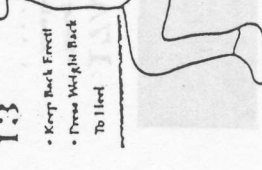
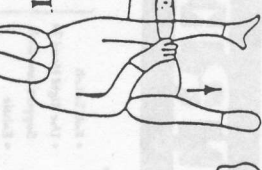
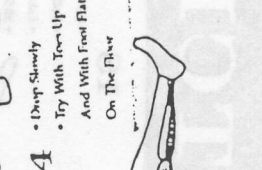
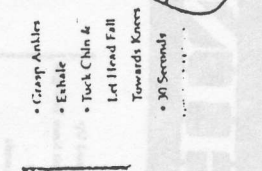
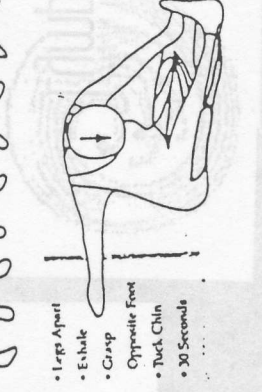
- 1
- Turn Slowly
 - Lean Head Back
 - Try Tucking Chin
 - 20 Seconds
 - Both Ways



- 5
- Swing Arms Loosely In Big Circles
 - Both Directions



- 9
- Stand Up To Side
 - Both Directions
 - 10 Seconds



- 13
- Keep Back Erect!
 - Press Weight Back To Heel

- 8
- Use Wall For Balance
 - Use Easy Pressure
 - 10 Seconds
 - 3 Times

- 12
- Focus on Balance And Slaying Centered
 - Move Arms In Circles
 - Both Directions
 - 3 Times

- 11
- Right Leg Bent - Left Leg Extended
 - Hook Right Hand Under Left Elbow
 - Tuck To Right
 - Exhale
 - 10 Seconds
 - Each Side

- 15
- Grasp Ankles
 - Exhale
 - Tuck Chin & Let Head Fall Towards Knees
 - 30 Seconds

- 16
- Legs Apart
 - Exhale
 - Grasp Opposite Feet
 - Tuck Chin
 - 30 Seconds

STRETCHING II



Lymphodynamics

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17A

- Left Leg Over Right Knee
- Arms Down



B

- Roll To Left
- Use Right Hand To Support Lower Back
- Exhale
- 30 Seconds
- Both Sides



18

- Left Hand Up
- Roll Left Knee To Right
- Exhale
- 30 Seconds
- Both Sides



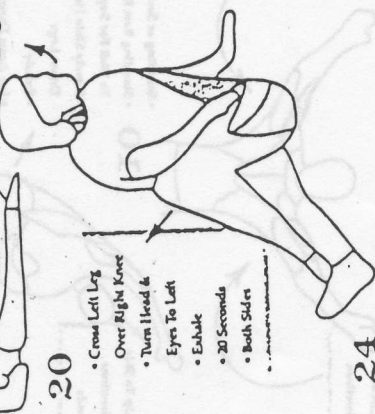
19

- Both Arms Raised
- Right Leg Holds Left Leg Over
- 30 Seconds



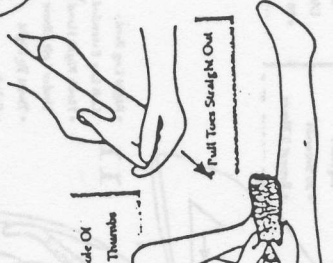
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- Cross Left Leg Over Right Knee
- Turn Head & Eyes To Left
- Exhale
- 30 Seconds
- Both Sides



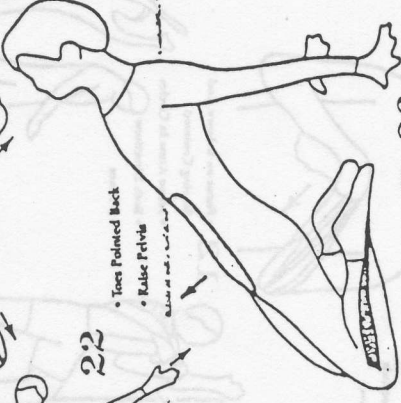
21

- Massage Side Of Feet With Thumbs
- Pull Toes Straight Out



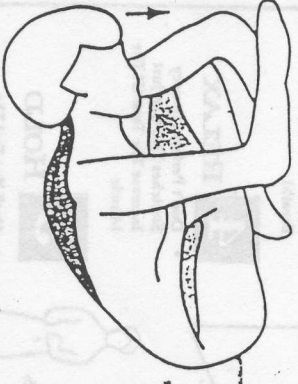
22

- Toes Pointed Back
- Raise Feet



23

- Cross Legs
- Lean Forwards
- Tuck Chin
- 30 Seconds



24

- Point Toes Back
- Let Body Weight Drop
- Exhale
- Reach Forwards With Hands
- 30 Seconds



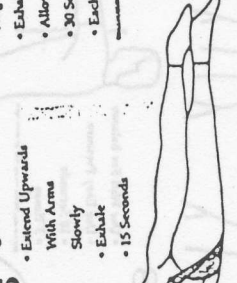
25

- Reach Forward Alternately With Each Hand While Extending Leg
- 3 Times Each Leg



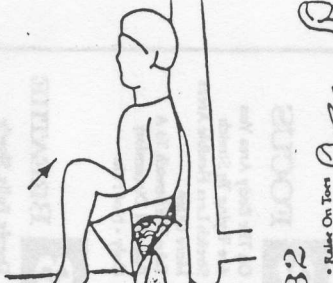
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- Extend Upwards With Arms Slowly
- Exhale
- 15 Seconds



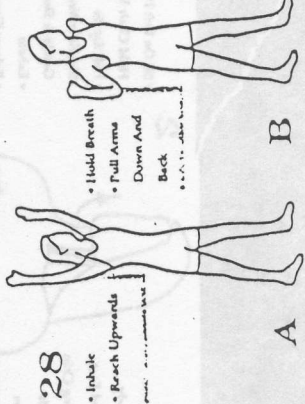
27

- Lie With Feet On End Of Table
- Hug Right Knee To Chest
- Exhale
- Allow Left Leg To Drop
- 30 Seconds Minimum
- Each Side



28

- Inhale
- Reach Upwards



- Knees Bent
- Exhale
- Arms Hang Loosely

29

- Exhale
- Drop Forwards
- Hang Loosely
- Chin To Knees
- 30 Seconds
- Uncurl Slowly



30

- Feet Flat To Floor
- Drop - Lean Back
- Exhale
- 20 Seconds

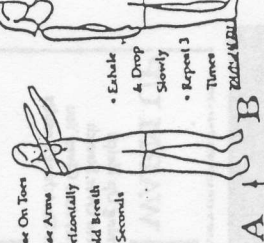
31

- Raise On Toes
- Make Feet Horizontal
- Hold Breath
- 10 Seconds



32

- Raise On Toes
- Raise Arms Horizontally
- 1 Hold Breath
- 10 Seconds



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