



DEE CRAMER
HEATING COOLING SHEET METAL
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Daily Stretch Routine

Hold for 15-30 seconds - Repeat each side

Neck Stretch

- Tilt head sideways without twisting the neck.
- Using your hand, reach across head and move ear toward shoulder,
- Do not pull head, use weight of arm alone.
- Extend other arm.



Thigh Stretch (Quadriceps)

- Lift one leg and grasp with your arm.
- Pull up on leg at ankle to stretch thigh.
- Maintain balance by extending your opposite arm sideways.



Stretches inner thigh, groin

- Stand with feet pointed straight ahead, a little more than shoulder-width apart.
- Bend right knee slightly and move left hip downward toward right knee.



Calf Stretch

- Get into a lunge position bending the back knee.
- Lift toes on your front leg and grasp them with your hand.



Chest Pull

- Lace fingers together behind your back.
- Roll shoulders back while pulling hands back a few inches behind your back.



Forearms and Wrist Stretch

- Extend one arm forward keeping the elbow straight.
- Bend the wrist upward, and use the other hand to gently pull fingers back toward you, stretching the muscles in the bottom of your forearm and wrist.
- Then release and bend the same wrist downward, gently pulling it down and toward you.



Shoulder and Back of Upper Arm Stretch

- Stand and place right hand on left shoulder.
- With left hand, pull right elbow across chest toward left shoulder and hold.



Lower Back

- Stand upright with your feet shoulder width apart.
- Twist and lean forward to touch your toe with opposite hand.
- Extend other arm up into the air behind you.



Only stretch to the point of mild tension. No quick or bouncy movements!