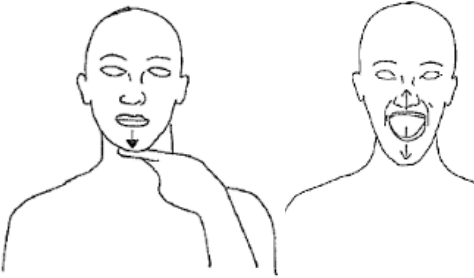


# STRETCHES

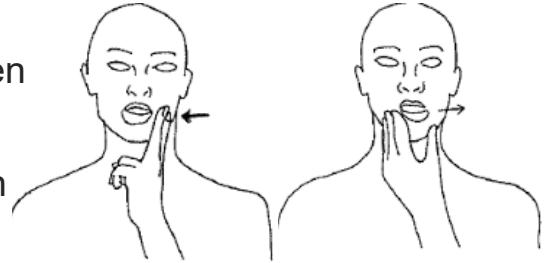
Stretches are beneficial for our health and overall body functioning. It helps flexibility, range of motion, improve balance, and coordination. Proper stretching can prevent injury and help the healing process. Also, it helps relax our muscles and decrease stress.

## Jaw stretches



Relax your tongue as you drop your jaw open and then closed ten times.

Relax your jaw and gently stretch your jaw by moving your lower teeth to the right and then the left 10 times.



## Neck Stretches

Gently grab the side of your head with your right arm. While relaxing your shoulders pull your head to the side looking towards your underarm. Pull till you feel a good stretch and hold for 15 to 30 seconds. Repeat on the opposite side using your left arm. (Please note that your shoulders should not be raised during the stretch)

Levator Scapulae

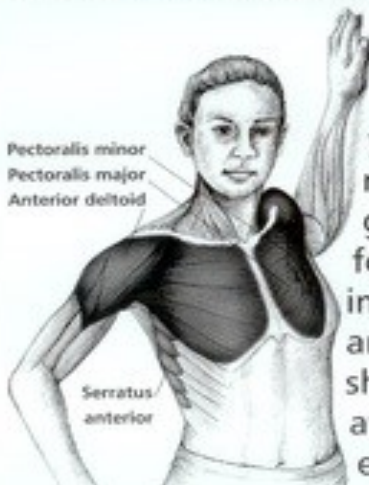


Upper Trapezius



Gently grab the side of your head with your right arm. While relaxing your shoulders pull your head to the side looking forward. Pull till you feel a good stretch in the muscle. Hold stretch for 15 to 30 seconds. Repeat on the opposite side using your left arm. (Please note that your shoulders should not be raised during the stretch)

## Bent Arm Chest Stretch



Stand with your arm extended and your forearm at right angles to the ground. Rest your forearm against an immovable object and then turn your shoulders and body away from your extended arm.

### Tip

Use a doorway for a good pectoral stretch. Again make sure you hold your stretch for 15 to 30 seconds. Keep your neck and jaw relaxed during the stretch.

