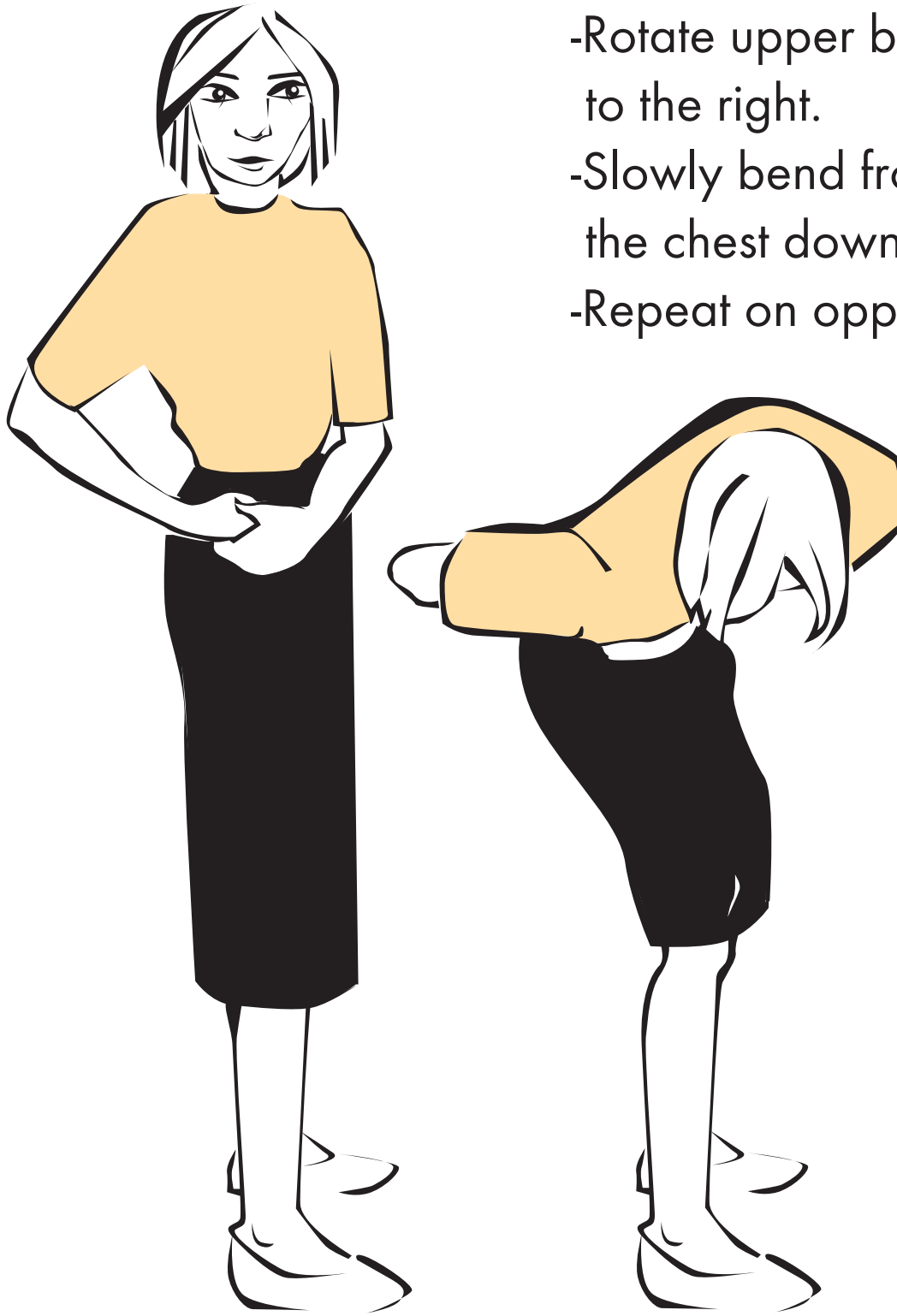


LATERAL FLEXION STRETCH

- Place right and left hands on right hip for support.
- Rotate upper body and head to the right.
- Slowly bend from waist bringing the chest down.
- Repeat on opposite side.



ADDITIONAL STRETCHES



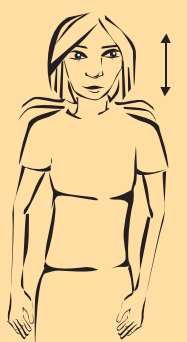
SHOULDER STRETCH

- Place left hand in center of upper back.
- Grasping beyond the elbow, pull left arm gently downward with right hand.
- Repeat on opposite side.



ARM CIRCLES

- Circle arms in one direction a few times.
- Then circle arms in the opposite direction.



SHOULDER SHRUGS

- Shrug your shoulders up and down.



WRIST EXTENSIONS

- Extend both arms straight out in front of your chest.
- Place palms out, fingertips down.