

# Set-Up For Success Stretching Program

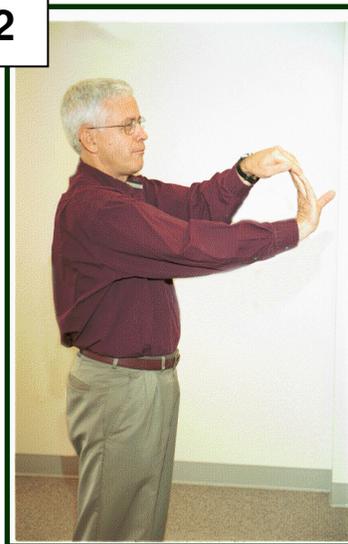
1



## **Wrist Extensor Stretch:**

With hand palm down, straighten elbow, bend wrist down. Add overpressure from other hand if needed. Hold 10-15 seconds, Repeat 2-3 times.

2



## **Wrist Flexor Stretch:**

With elbow straight and palm turned towards floor, bend your wrist so the fingers point to the ceiling. If needed, add overpressure from your other hand. Hold 10- 15 seconds, Repeat 2-3 times.

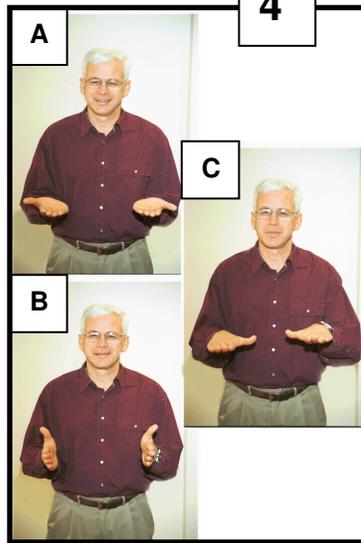
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## **Thumb Stretch:**

Place the thumb inside the fingers, gently point your thumbs to the floor. Feel the stretch across the top of the thumb and wrist. Hold 10-15 seconds, Repeat 2-3 times.

4



## **Forearm Rotation:**

Start with the palms up (A), rotate them thumbs up (B), finally bring them palm down (C). Hold each position 3-5 seconds. Repeat 2-3 times.

5



**Posture Stretch:**

With your hands raised, squeeze the shoulder blades together, stretching the chest. Imagine pinching a pencil between the shoulder blades. Hold each stretch 10-15 seconds. Repeat 2-3 times.

6



**Trunk Side Bending:**

Stand with one hand on your hip, bend at the trunk to the opposite side letting this arm relax at your side. Hold this position 10-15 secs then repeat in the opposite direction. Repeat back and forth 2-3 times.

7



**Neck Retraction:**

Place 2 fingers on your chin, gently glide the neck and chin back. Be sure to keep your head level. Hold each position 10-15 seconds. Repeat 2-3 times.

8



**Neck Side Bending:**

Gently bring your ear to one shoulder allowing gravity to stretch your neck. Hold the position 10-15 seconds. Repeat 2-3 times.

9



### **Back Extension**

With your hands on hips, gently bend backwards at your waist. Keep your knees straight and don't bend your neck back.

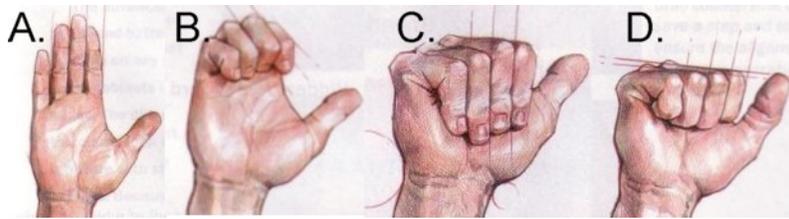
Pressure on pressure off.  
Repeat 2-3 times.

10



### **Hamstring Stretch**

With foot on low object, or with heel on ground, keep your knee straight and lean forward at the hips. Don't bend your back, so try to bring your belly button to your thigh. Hold 10-15 seconds, Repeat on other side 2-3 times each side.



**Tendon Gliding:** Starting Position is A. Then touch your calluses (B) then return to A. Next make a flat fist (C) then return to A. Finally, make a full fist (D) then return to A. There are no holds, just move smoothly through this cycle.