

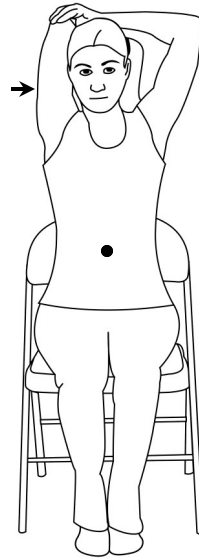
NECK/SHOULDER STRETCHING ROUTINE

Stretching improves joint range of motion, decreases muscle soreness and prevents injuries.

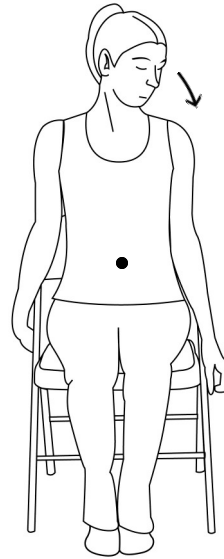
SHOULDER STRETCH



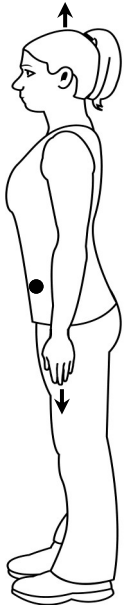
SHOULDER/BACK STRETCH



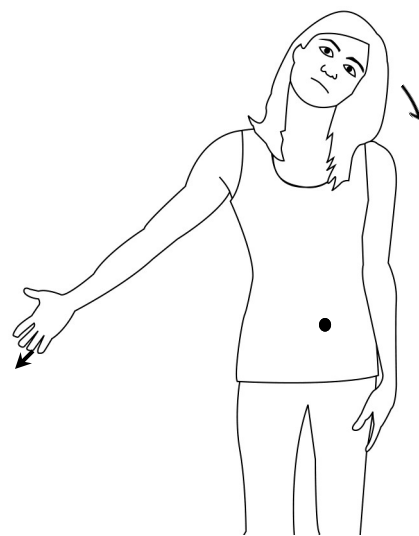
NECK STRETCH



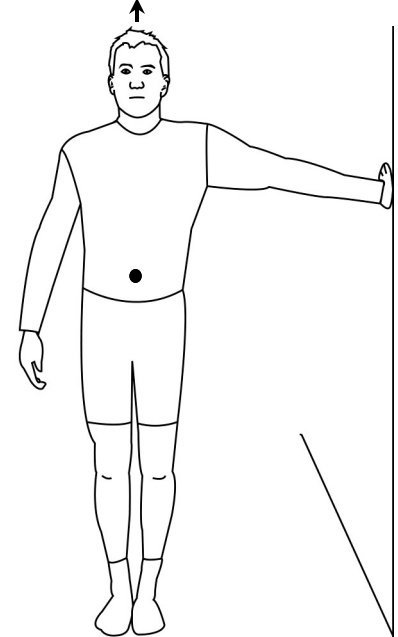
NECK/SHOULDER STRETCH



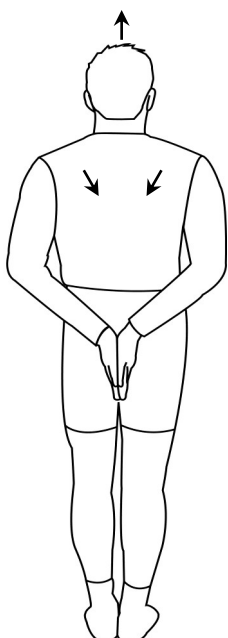
NECK STRETCH



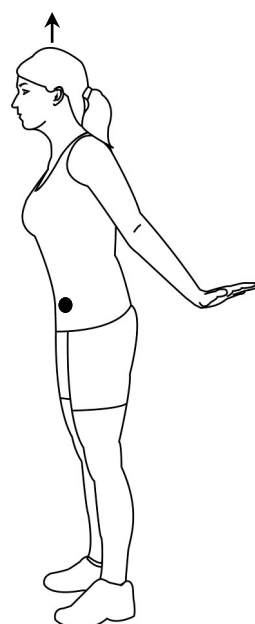
BICEPS/FOREARM STRETCH



SHOULDER ROTATION STRETCH



BICEPS/FOREARM STRETCH



TOWEL STRETCH



STRETCHING GUIDELINES

- Maintain good posture (↑). Tighten abdominal muscles (●).
- Breathe normally.
- Hold a light stretch for 15-20 seconds and repeat 2 times. Alternate sides when applicable.
- Contact your supervisor if you have questions regarding any of the exercises.