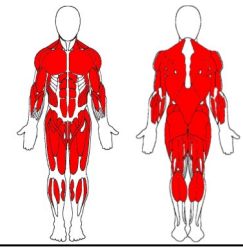


STRETCHING

Healthcare Professionals



 Consult a physician before starting any stretching regime. This chart is for informational purposes only.



BICEPS & FOREARMS



BACK & LATS



GLUTES & ABDUCTORS



QUADRICEPS

WALL



CALVES

WALL



OBLIQUES



HAMSTRINGS & LOW BACK



SHOULDERS & UPPER BACK



NECK



TRICEPS



SHOULDERS & CHEST

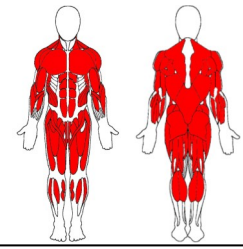



FULL BODY

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

STRETCHING

Healthcare Professionals



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BICEPS & FOREARMS

Place both hands palms down on a low and stable surface (like a chair.) Turn fingers toward the body. Gently lean forward until you feel a mild stretch in the forearms area.



WALL

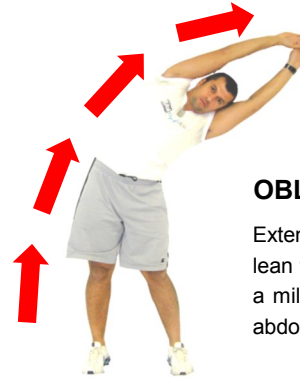
QUADRICEPS

Stand straight and place your left hand on a sturdy object (wall, door frame, etc.) Bend the right knee and bring your right foot back toward your hips. Use your right hand to help you feel a mild stretch in the front of your right thigh. Switch sides.



GLUTES & ABDUCTORS

Sit down and cross your right leg by placing the right ankle on top of the left knee. Gently lean forward while keeping back straight until you feel a mild stretch in the buttocks and outer thigh area. Switch sides.



OBLIQUES

Extend both arms up and slowly lean toward one side until you feel a mild stretch on the side of your abdominal area. Switch sides.



BACK & LATS

Place both hands on a sturdy object that's hip-level high (back of a chair, fence, table, etc.) Bend upper body down until almost parallel to the floor.



WALL

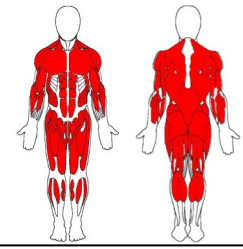
CALVES

Stand about 2-3 feet facing a sturdy object (wall, table, etc.) Take a step forward with the right foot. Keep toes pointing forward. Keep the back (left) knee straight and gently bend the front (right) knee until you feel a mild stretch in your left calf. Switch sides.

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

STRETCHING

Healthcare Professionals



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HAMSTRINGS & LOW BACK

Slowly lean forward while keeping the legs straight. Reach down as far as comfortably possible until you feel a mild stretch in the low back, butt, and hamstrings area.



NECK

Can be done standing or sitting. Place your left hand on top of your head and gently pull toward the left side. Pull the right hand down in the opposite direction until you feel a mild stretch on the side of the neck. Switch sides.



TRICEPS

Place the right hand behind your neck with the right elbow pointing up toward the ceiling. Extend left hand across and slightly push the right elbow backward until you feel a mild stretch in the triceps area. Switch sides.



FULL BODY

While standing, extend both arms up as high as you can. Take a deep breath while stretching.



SHOULDERS & UPPER BACK

Interlock your fingers and extend both arms out as far as comfortably possible. Take a deep breath while stretching.



SHOULDERS & CHEST

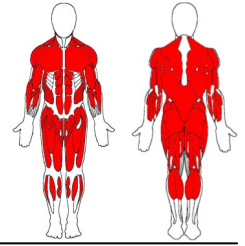
Stand straight and place your hands on the back of your hips. Elbows pointing nearly backward. Gently push your hands forward until you feel a mild stretch across your chest.



• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

STRETCHING LOG

Healthcare Professionals



⚠️ Consult a physician before starting any stretching regime. This chart is for informational purposes only.



	Biceps & Forearms	Back & Lats	Glutes & Abductors	Quadriceps	Calves	Obliques	Hamstrings & Low Back	Shoulders & Upper Back	Neck	Triceps	Shoulders & Chest	Full Body
Mon												
Tue												
Wed												
Thurs												
Fri												
Sat												
Sun												

Stretch daily • Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain