

StretchRight Program

**ALL DAY
EVERYDAY**

These moves help counteract awkward positions and repetitive tasks. Do them regularly throughout the day.

Stretching Set Day 1

Perform stretch sets on alternating days: dynamic warm-up 1-2 mins; hold back bends 2-5 secs; hold stretches 20-30 secs; repeat on both sides



BACK BEND

Stand with hands on low back
Lean back, keep neck straight
Repeat 5-7 times

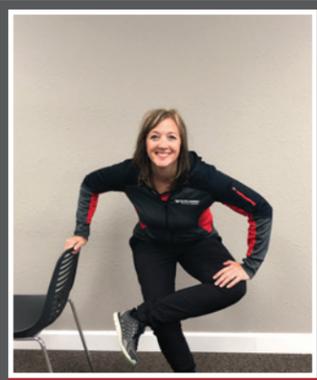
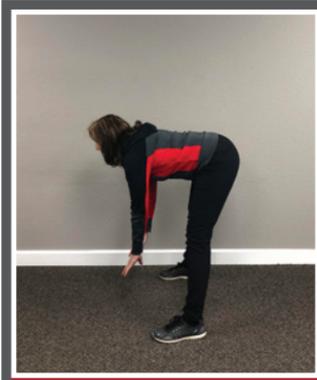


FIGURE 4

Stand on one leg, hold on to something for balance
Cross opposite ankle over standing leg
Sit back as if in a chair



WIDE STANCE FORWARD BEND

Stand with feet apart
Hinge at hips, keep back straight
When tension felt in back of legs, relax towards ground



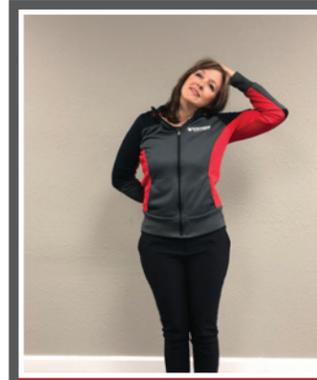
SOLEUS STRETCH

Stand with one foot slightly in front of the other
bend back knee, shift weight to back foot until stretch is felt in low calf



Z STRETCH

Bring arm to shoulder height
Bend elbow, aiming fingertips toward shoulder
Use other hand to pull elbow across body



NECK SIDE BEND

Place one hand behind back, look forward, relax shoulder
Tilt head to opposite side
Use hand on head for more stretch if needed

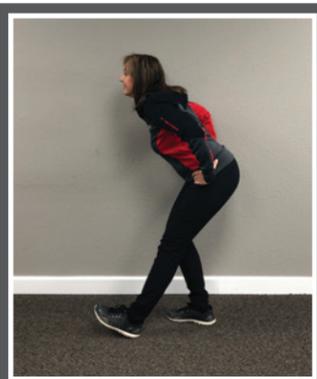
Stretching Set Day 2

Perform stretch sets on alternating days: dynamic warm-up 1-2 mins; hold back bends 2-5 secs; hold stretches 20-30 secs; repeat on both sides



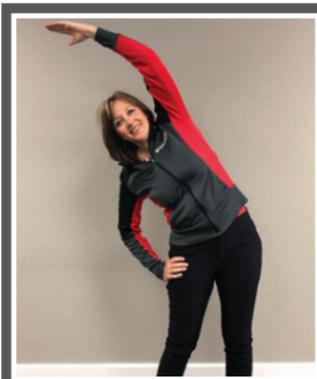
BACK BEND

Stand with hands on low back
Lean back, keep neck straight
Repeat 5-7 times



HAMSTRING STRETCH

One foot forward, keep knee straight, lift toes
Keep back straight, hinge at hips until stretch felt in back leg



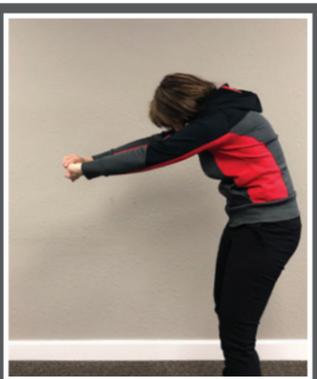
ONE ARM SIDE BEND

Raise one arm overhead, other hand on waist
Reach arm up and over



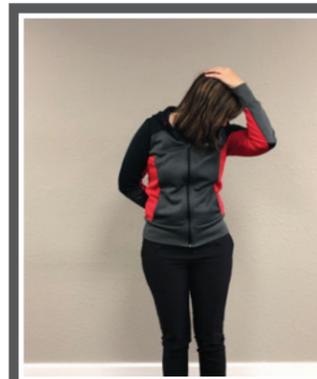
QUAD STRETCH

Stand tall and reach for ankle or pants leg
Pull the heel towards buttock, keeping the knee pointed towards the ground



DIVE STRETCH

Stand with hands held together
Press hands forward, let back round
Different arm angles will change feel of stretch



ARMPIT SNIFF

Place one behind back, look forward, relax shoulder
Look to opposite side, then look down, aiming nose to armpit
Use hand on head for more stretch if needed



HAND OPENERS

Make a loose fist
Open fingers as wide as possible
Repeat 8-10 times



MC HAMMER

Rapidly shrug one shoulder up keeping other shoulder down
Repeat 8-10 times



TITANIC STRETCH

Stand tall, chin up
Lift arms out to side and slightly behind body
Pull fingers back and hold 20 secs



FOREARM STRETCHES

Keeping elbow straight, point fingers up
Gently pull back on palm of hand, hold 20 sec
On same side, point fingers down
Gently pull on back of hand, hold 20 sec