



SCOTT & WHITE

Scott & White Stretching Program Office

All exercises are performed in the sitting position with the exception of number thirteen. Breathe slowly and evenly, careful not to hold your breath during stretches. Do not rock to stretch and stretch only to the point of "stretch", not pain. If your chair is on casters, stabilize it against the desk for number twelve.

1. Deep breathing

Sitting straight in your chair, take a slow deep breath while raising the hands toward the ceiling. Extend and spread the fingers. Repeat four times.

2. Shoulder Roll

Sitting straight in your chair, shrug your shoulders as high and as hard as possible for a four count, pull shoulder blades together as hard as possible for a four count, push the shoulders down as hard as possible for a four count, roll the shoulders forward as hard as possible for a four count. Repeat.

3. Neck Stretch

Sitting straight in your chair, a) keep chin level and rotate the head to one side as far as possible. Switch to the opposite side. b) keep chin facing straight ahead and move ear toward shoulder. Switch to opposite side. c) tuck chin, then move chin to chest looking down. Hold each position for an eight count.

4. Chest Stretch

Sitting straight in your chair, bend elbows and raise arms to shoulder height. Slowly pull arms backward as if attempting to touch elbows together. Hold for an eight count.

5. Upper Back Stretch

Place hand on opposite shoulder, grasp elbow with hand and slowly pull elbow toward shoulder. Hold for an eight count. Repeat with opposite arm.

6. Wrist Stretch

Place palms together in front of chest. Keeping palms together, slowly raise elbows upward as far as possible. Hold for an eight count.

7. Shoulder Stretch

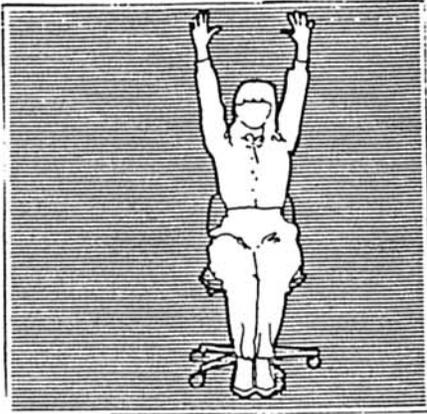
Reach up with one hand over the head and move hand between the shoulder blades. Grasp the elbow with the opposite hand over the head and stretch toward the midline. Hold for an eight count. Repeat with opposite arm.

**SCOTT AND WHITE
MEMORIAL HOSPITAL
AND SCOTT, SHERWOOD
AND BRINDLEY
FOUNDATION**

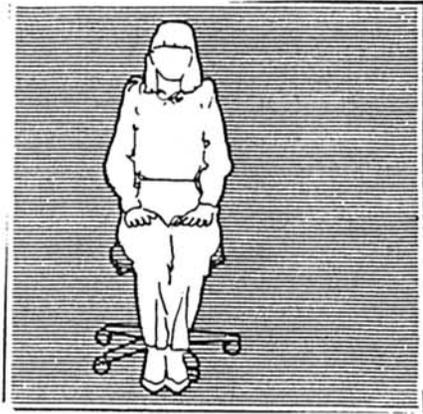
8. Arms Behind Back
Sitting straight in chair with hips against back of chair, move arms backward and clasp hands behind your back. Slowly lift arms upward. Hold for an eight count.
9. Back Stretch
Sitting straight in chair, bend forward as far as possible, dropping head, shoulders and arms forward. Hold for an eight count.
10. Rotation Stretch
Sitting straight in your chair, grasp hip with opposite hand. Raise arm to shoulder height, rotate upper body as far as possible. Hold for an eight count. Repeat to the opposite side.
11. Side Bend Stretch
Sitting straight in your chair, place one hand on your hip, reach over your head with the other hand leaning as far as possible. Clench a tight fist then open as far as possible. Repeat eight times to both sides.
12. Leg Stretch
Brace chair against desk. Sit forward on edge of chair with feet on floor and knees straight. Place hands on knees, keep head and shoulders up and slowly move hands toward the ankles. Hold for an eight count.
13. Calf Stretch
Stand in stride position. Bend the forward knee, keep the back knee straight and the heel on the floor. Hold for an eight count. Repeat with opposite leg.

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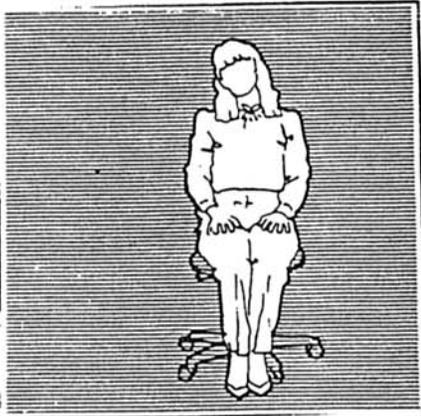
1. Deep Breathing



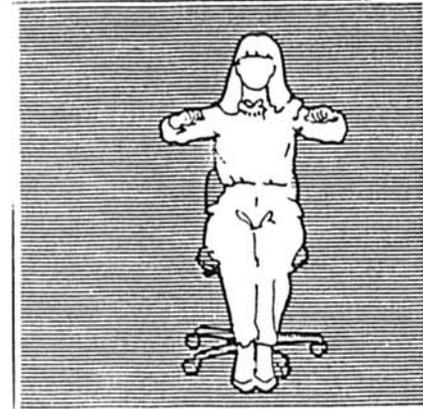
2. Shoulder Roll



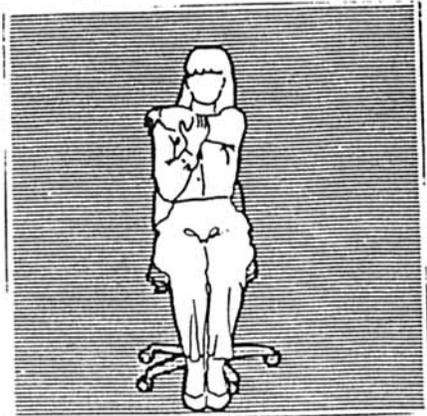
3. Neck Stretch



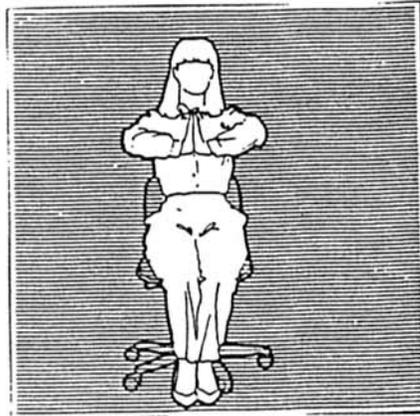
4. Chest Stretch



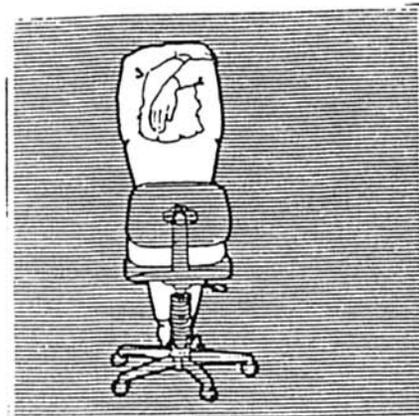
5. Upper Back Stretch



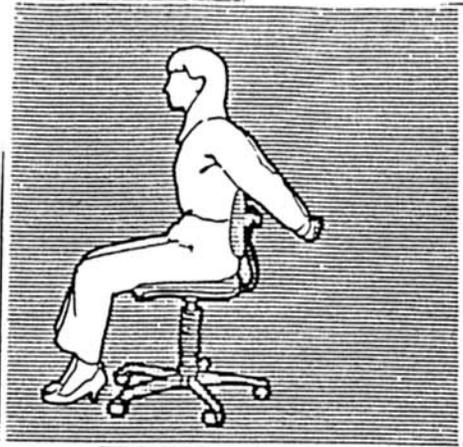
6. Wrist Stretch



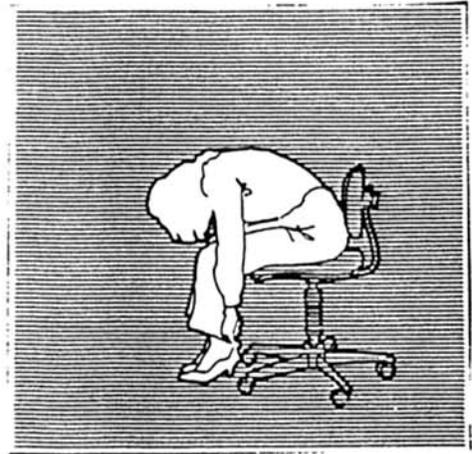
7. Shoulder Stretch



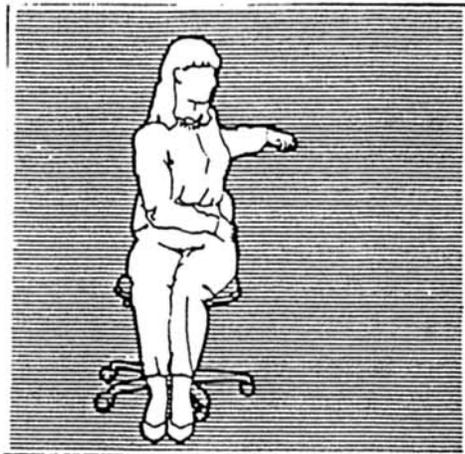
8. Arms Behind Back



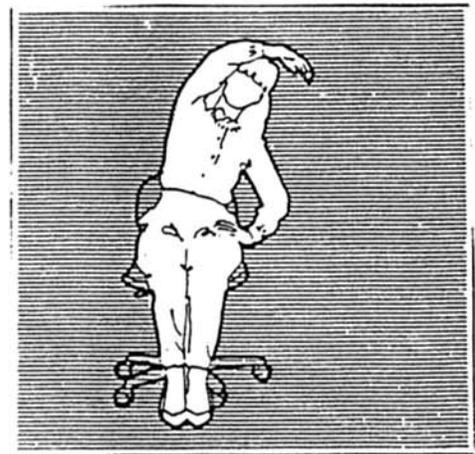
9. Back Stretch



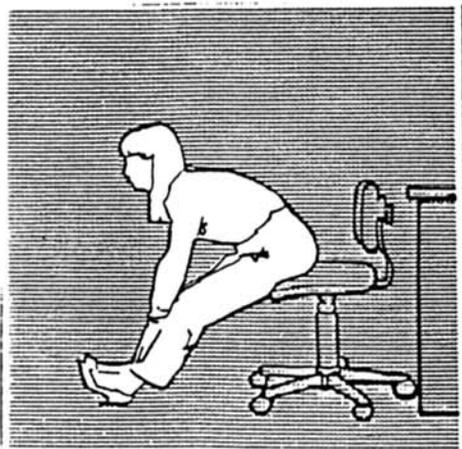
10. Rotation Stretch



11. Side Bend Stretch



12. Leg Stretch



13. Calf Stretch

