CHAPTER III - Laboratory Stretching Exercises



Roll shoulders backwards.



Rest back of hands on lower back, gently squeeze shoulder blades together while pressing hands against lower back.



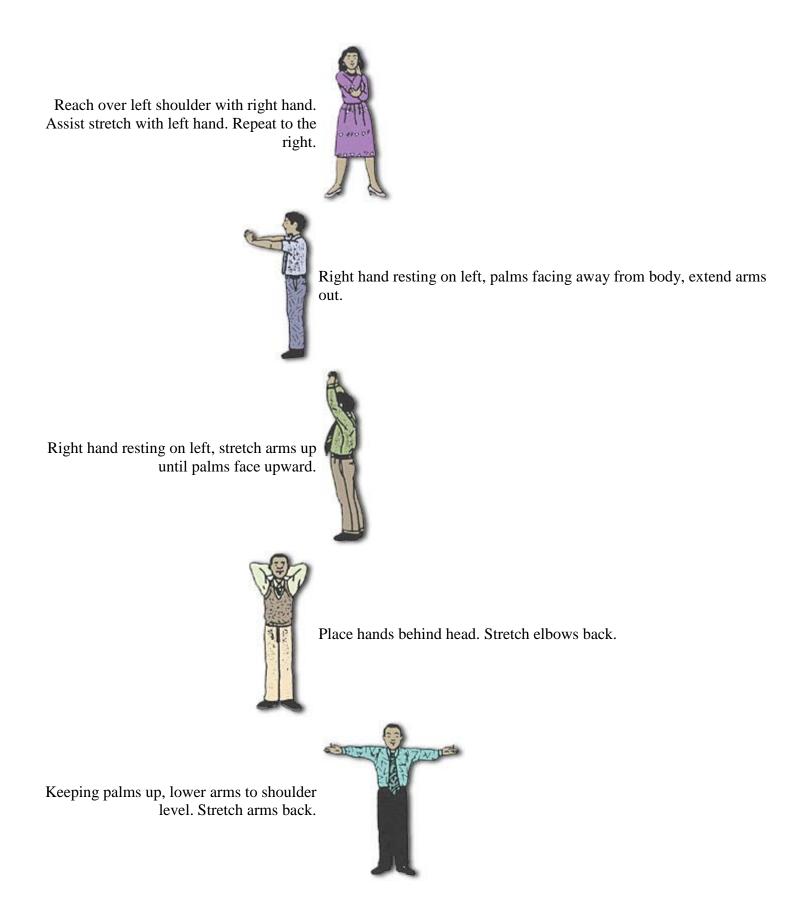
With right hand resting on left, palms facing toward floor, extend arms down.

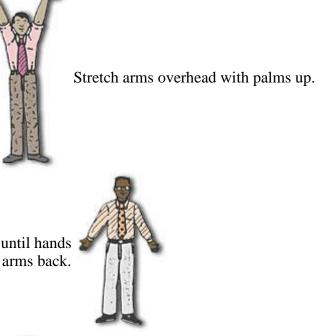
Arms in front, turn trunk to the right. Repeat to the left.





Hands on hips, bend trunk to the right. Repeat to the left.





Keeping palms up, lower arms until hands reach hip level. Stretch arms back.



Right hand resting on left, palms facing toward floor, arms behind body, extend arms down.

With one foot forward, shift weight to front foot. Keep trunk upright and back leg straight.

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Studies have shown these exercises to be beneficial when performed consistently and correctly.

Additional Hand, Wrist and Forearm Exercise:

- 1. Rotate the wrists in a circular motion.
- 2. Squeeze the hands into a fist and then release.
- 3. Relax arms at your sides, internally and externally rotate the forearm.
- 4. Relax arms at your sides, shake hands to increase blood flow.