

STRETCHES

PERFORM THE EXERCISES WITH FLUIDITY, SLOWLY INCREASING THE RANGE OF MOTION UNTIL YOU BEGIN TO FEEL A MILD SENSATION OF PAIN. IF YOU DO NOT FEEL ANYTHING—THE EXERCISE IS NOT EFFECTIVE, IF THE PAIN IS GREATER THAN MILD—THE EXERCISE IS HARMFUL. REMAIN IN THE STRETCHING POSE UNTIL YOU BEGIN TO FEEL PAIN. BEGIN WITH 5-10 SEC. AND CONTINUE UP TO 15-20 SEC. IT IS SUFFICIENT TO REPEAT THE EXERCISES ONE TIME. COMPLETE THE SET OF EXERCISES 3-5 TIMES A DAY.

 <p>1 ROTATE THE HEAD LEFT AND RIGHT WITH THE HELP OF YOUR HAND</p>	 <p>2 TILT THE HEAD LEFT AND RIGHT TOWARDS THE SHOULDERS</p>	 <p>3 TILT THE HEAD FORWARD</p>	 <p>4 TILT THE HEAD BACKWARD</p>
 <p>5 STRETCH THE ARMS MAXIMALLY OVER THE HEAD</p>	 <p>6 6 KEEPING ARMS STRETCHED OVER THE HEAD, BEND THE BODY LEFT AND RIGHT</p>	 <p>7 ONE ARM BEHIND THE HEAD, THE OTHER BEHIND THE ELBOW. BEND LEFT AND RIGHT</p>	 <p>8 ARMS BEHIND BACK, ELBOWS TOGETHER, CHEST FORWARD</p>
 <p>9 PUT EACH ARM OVER THE SHOULDER, THE OTHER BEHIND THE ELBOW, PULLING IN WITH THE ROTATION OF THE TORSO</p>	 <p>10 WITH PALMS TOGETHER, FINGERS POINTING UP, TOUCHING THE CHEST, LOWER THE ARMS</p>	 <p>11 WITH THE BACK SIDE OF THE PALMS TOUCHING, LOWER THE ELBOWS</p>	 <p>12 MAKE A TIGHT FIST AND THEN COMPLETELY RELAX THE HANDS</p>
 <p>13 BEND FORWARD WITH KNEES STRAIGHT</p>	 <p>14 BEND BACKWARD WITH ARMS UP</p>	 <p>15 BEND FORWARD WITH FEET WIDE APART</p>	 <p>16 WIDE STEP FORWARD, BENDING THE FRONT KNEE ONLY</p>
 <p>17 STEP WIDE TO THE SIDES, SQUATTING INTO ONE SIDE WITH BENDING OF A KNEE</p>	 <p>18 BENDING OF THE LEGS / WHILE HELPING WITH YOUR HAND, LIFT THE FOOT UP</p>	 <p>19 SQUAT ON YOUR TOES</p>	 <p>20 SQUAT WITH THE FEET PLANTED ON THE FLOOR</p>