# Time Out Stretch

Just a few minutes of targeted stretches may increase muscle flexibility, reduce risk of injury and prevent muscle soreness.

## Body Stretch

Stretches arms, chest, hands and shoulders

- Maintain a neutral body posture.
- Raise arms over head, directly above shoulders.
- Interlock thumbs and spread fingers.
- Extend body upward on toes.
- Hold for 5-8 seconds.
- Repeat 3-5 times.

## Shoulder Rolls

Stretches upper back, neck and shoulders

- Standing tall, rotate shoulders forward slowly 5-7 times.
- Reverse the direction and rotate backwards 5-7 times.

## Chest Stretch

Stretches arms, chest, hands and shoulders

- Interlace your fingers behind your back, palms facing away from your back.
- Slowly move your elbows in towards your spine while straightening your arms until a stretch is felt.
- Lift your breast bone slightly upward as you stretch.
- Hold 5-8 seconds.
- Repeat 3-5 times.

## Lower Back Rollover

Stretches chest and back

- Place hands just above the back of your hips, elbows back.
- Gently press forward.
- Slightly lift your breast bone upward as you hold the stretch.
- Hold for 5-8 seconds.
- Breath easily.
- Repeat 3-5 times.

(If this causes pain at the forearms, modify the stretch by making a fist and placing fist on the back of your hips to alleviate pressure at the wrists.)

## Quadriceps Stretch

Stretches front of thigh, hip flexors and ankles

- Balance weight on the left leg or use something for support.
- Grab the right ankle with the left hand. Maintain a straight line with the knee to the floor.
- Press hips forward to feel the stretch, avoid pulling the knee up and back.
- Hold for 5-8 seconds.
- Repeat with other leg.

(If you are unable to reach your ankle, modify the stretch by placing your foot on a bench or ledge that is about 1-2 feet off the ground. Slowly press your hips forward to feel the stretch in front of the thigh.)

## Hamstring Stretch

Stretches back of the thigh and calf

- Assume stride position with right leg forward, legs straight, feet flat on floor and toes pointed forward.
- Place both hands on right thigh for support. Slowly bend forward over right knee, keeping head and back straight.
- Hold 5-8 seconds. Push upward with hands and arms for recovery.
- Repeat with other leg.

## Prayer Stretch

Stretches wrists, forearms and hands

- Place hands palm-to-palm in front of you.
- Move hands downward, keep your palms together, until you feel a mild stretch.
- Keep elbows up and even.
- Hold 5-8 seconds.

## Inverted Prayer Stretch

Stretches wrists, forearms and hands

- From the previous stretch, rotate your palms around until they face more or less downward.
- Go until you feel a mild stretch.
- Hold 5-8 seconds.

## Forearm Stretch

Stretches wrist extensors

- Straighten right arm. Place the palm of left hand on top of the right hand.
- Slowly move right palm in the direction of the floor until a stretch is felt.
- Hold 5-8 seconds.
- Repeat other arm.