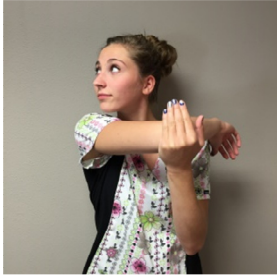
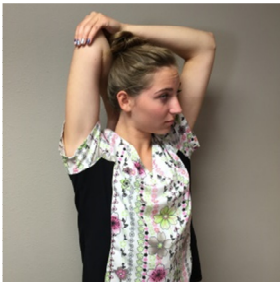


DAILY UPPER BODY STRETCHES

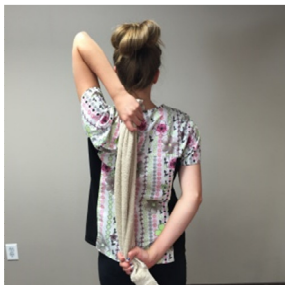
These exercises are for informational purposes. Use caution and if you have any concerns about your ability to do them please ask Dr. Mark Roerick D.C..



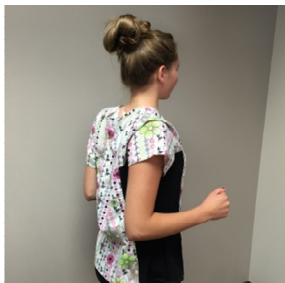
Arm Across: Extend arm across your body. Place your hand on the elbow and push until you feel a stretch. Hold for a count of 10 seconds. Repeat 3 times on each side. Caution...do not push and stretch too far!



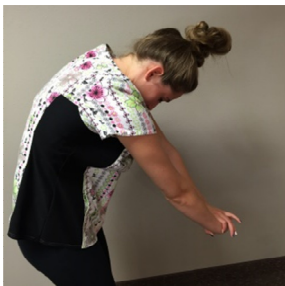
Arm Overhead: Raise arm up, bend at the elbow and let your hand fall towards upper back. Place your hand on the elbow and pull your elbow until you feel a stretch. Hold for a count of 10 seconds. Repeat 3 times on each side. Use caution to NOT overstretch!



Towel Stretch: Place the back of one hand on the small of your back. Raise other arm overhead and grasp the towel with bottom hand. Decide which side you are stretching and relax that side and pull with the opposite hand. Basically you are pulling with one arm and allowing the other to go up or down the back as far as you can. Hold for 10 seconds and repeat both upper and lower on each side. Use caution to NOT overstretch!



Squeeze the Egg: This TWO Part stretch is done first to warm up the muscles between the shoulder blades. Pretend you have an egg and squeeze it between your shoulder blades. Hold for a count of 10 seconds. Now the stretch...place arms outstretched in front of you, tuck chin to chest and stretch, hold for 10 seconds and repeat 3 times both squeeze and stretch.



Dr. Mark Roerick