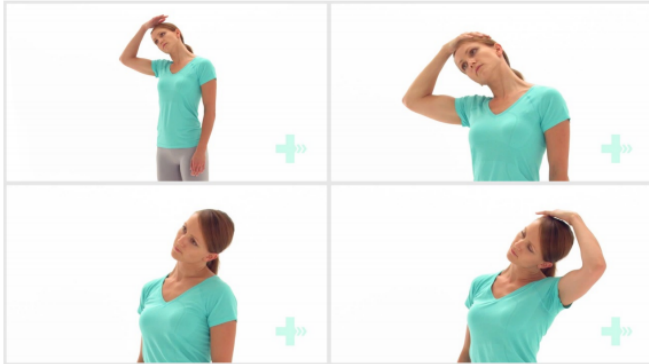




NECK



Cervical Lateral Flexion Stretch

- Gently tilt your head to one side until you feel the stretch on the opposite side.
- If it's comfortable for you, apply some gentle pressure on the side of your head with one hand to increase the stretch.
- Repeat on the opposite side.

MID BACK



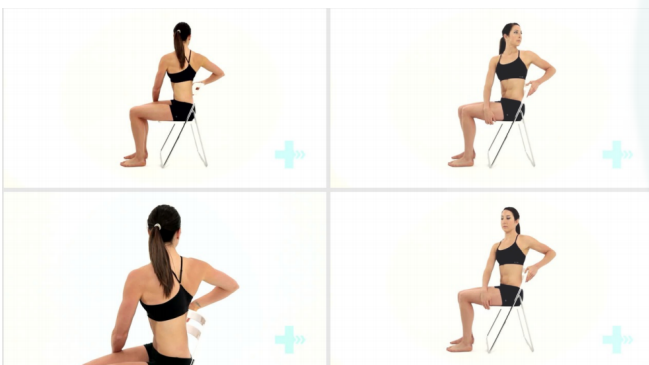
Thoracic Extension

- Sit up straight on a chair.
- Place your hands behind your head and extend your upper back over the top of the chair.
- Hold this position.



Thoracic Extension- Foam Roller

- Place a foam roll across the floor.
- Lie back with the foam roll running across the level of your spine that you want to stretch.
- Reach your arms out to the sides. Inhale, then as you exhale allow your body to relax over the foam roll.
- Hold this position in a stretch, continuing to focus on your breathing.

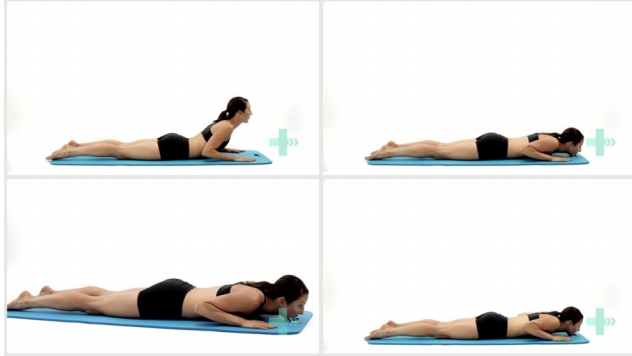


Seated Trunk Rotation

- Sit upright in a chair and rotate your body round to one side, using your arms on the back of the chair to pull yourself round further.
- This should feel like a stretch through the torso.

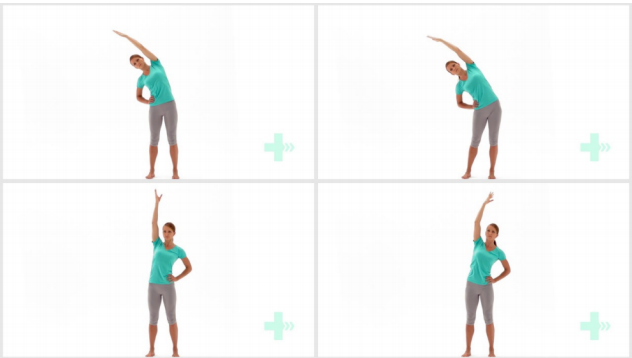


LOW BACK



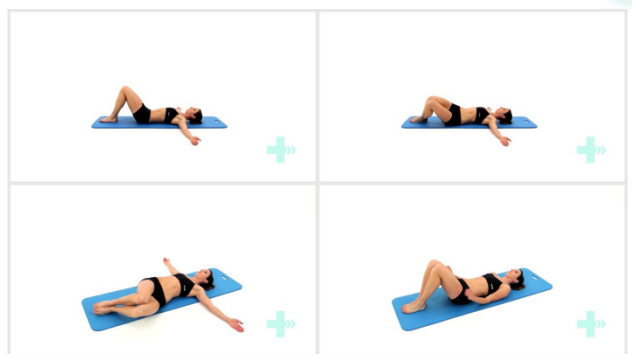
Prone Press Up

- Start face down on a mat.
- Bend the elbows and bring your hands under your shoulders.
- Push your upper body up into an extended position.
- Keep your hips and thighs on the floor at all times.
- Squeeze the buttock muscles throughout the duration of this exercise.
- Hold this position.



Lateral Trunk Stretch

- Stand with your feet shoulder width apart and place one hand on your hip.
- Extend the other hand into the air, leaning over to the side while you increase the stretch by pushing your hips in the opposite direction.
- Hold this position before you repeat on the other side.



Lower Trunk Rotation

- Lie on your back with your knees bent and your feet flat on the floor.
- Extend your arms out to the sides and keep your shoulders on the mat at all times.
- Keeping your knees together, drop them down to one side, rotating your torso.
- Return to the starting position and allow your knees to fall to the opposite side.
- Only drop your knees as far as you go comfortably. You may want to hold the stretch on each side