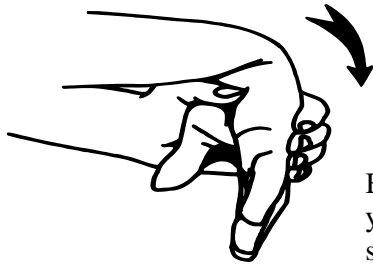


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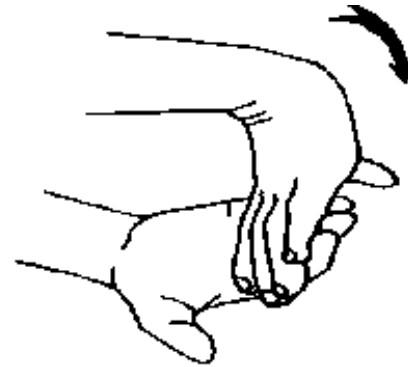
Rehabilitation & Sports Medicine Stretches at Work

Directions: Hold all stretches for 10-15 count, 2-5 repetitions 3 times during the day.

Important: Stretch before you begin working

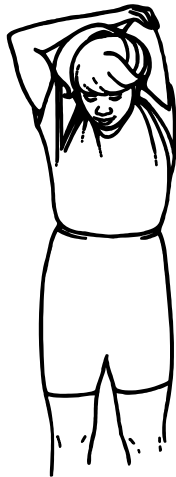


Begin with elbow bent at your side, grasp hand and slowly bend wrist down then slowly straighten elbow out until stretch is felt.



Begin with elbow bent at your side hand facing up, grasp hand and slowly bend wrist down then slowly straighten elbow out until stretch is felt.

Gently pull on elbow with other hand until a stretch is felt in shoulder.



Gently pull on elbow with other hand until a stretch is felt in shoulder.



Locations: Worcester – Gold Start Blv. 508-856-9510, 640 Lincoln St. 508-854-2426, Worcester Medical Center 508- 368-3143

■ Westboro 508-871-0789 ■ Leominster 978-840-1900 ■ Auburn 508-721-1101

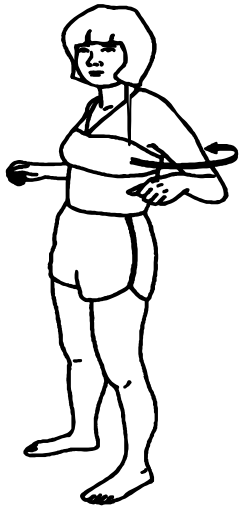
Disclaimer: If you experience pain or worsening of symptoms call doctors office and stop doing your exercises.

Internet Access: www.reliantmedicalgroup.org Click on Medical Services, Specialty Care, Rehabilitation, Informative Exercise Sheets

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Rehabilitation & Sports Medicine Stretches at Work

Directions: Hold all stretches for 10-15 count, 2-5 repetitions 3 times during the day

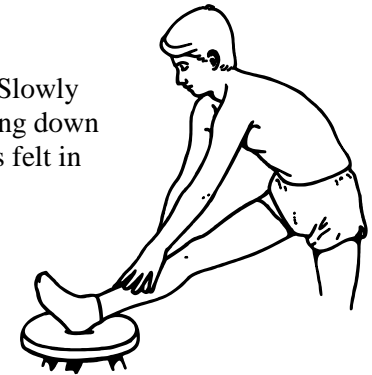


With elbows bent, pull back at shoulder blades as far as possible.

Place hands or thumbs on back of hips and lean backward while lifting chest. Relax and return to starting position.



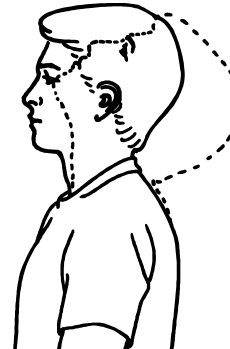
Place foot on stool. Slowly lean forward, reaching down shin until a stretch is felt in back of thigh.



Slowly tilt head toward one shoulder, then the other.



Tuck chin in, bend head backward and return to starting position.



Turn head slowly to look over one shoulder, then the other.



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