

NECK - 2 Side Benders

Slowly tilt head toward one shoulder. Hold 10-20 seconds. Repeat toward other shoulder.



Repeat 2 times.

SHOULDERS - 1 Rotator Cuff

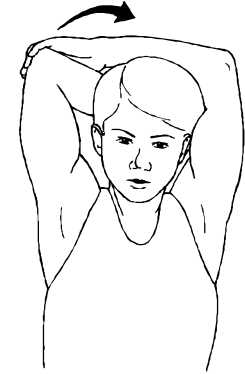
Pull right arm down with left hand until stretch is felt. Hold 10-20 seconds. Repeat with other side.



Repeat 2 times.

ARMS - 8 Triceps

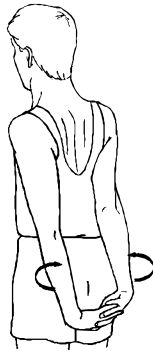
Pull elbow behind head until stretch is felt. Repeat with other elbow. Hold 10-20 seconds.



Repeat 2 times.

SHOULDERS - 5 Deltoids

With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 10-20 seconds.



Repeat 2 times.

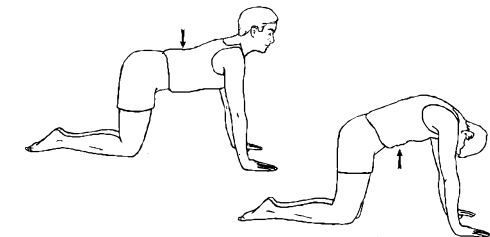
General Tips

Consult a medical care provider before starting an exercise program if you have any concerns about your health.

Always stay in a pain free range when performing exercises.

Questions? Contact Cornell Wellness at 607-255-5133 or email wellness@cornell.edu

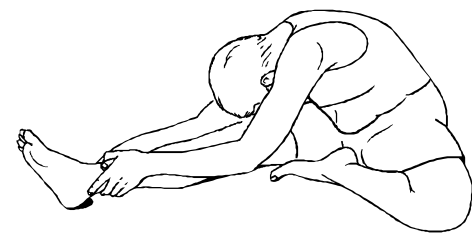
LOWER BACK - 6 Lumbar Extensors



From starting position, tuck chin and tighten stomach while arching back. Hold 1-2 seconds.

Repeat 5 times.

HAMSTRINGS - 3 Head to Knee

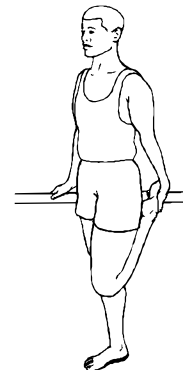


With hands on ankle, pull head toward knee and Hold 10-20 seconds. Repeat with other leg.

Repeat 2 times.

UPPER LEG - 2 Quadriceps

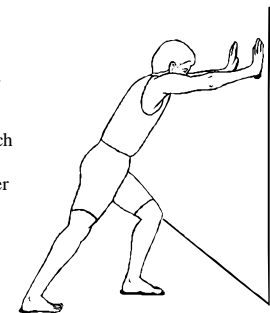
Pull heel toward buttocks until stretch is felt in front of thigh. Hold 10-20 seconds. Repeat with other heel.



Repeat 2 times.

LOWER LEG - 8 Gastroc

Keeping back leg straight, with heel on floor and turned slightly outward, lean into wall until a stretch is felt in calf. Hold 10-20 seconds. Repeat with other leg.



Repeat 2 times.