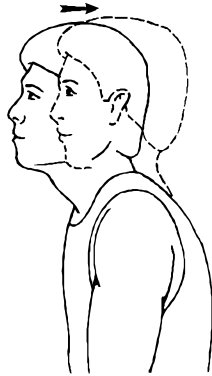


NECK - 1 Flexors

Pull head straight back, keeping jaws and eyes level. Hold 5-10 seconds.



Repeat 5 times.

NECK - 2 Side Benders

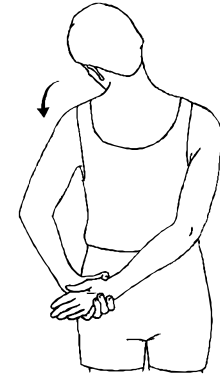
Slowly tilt head toward one shoulder. Hold 10-20 seconds. Repeat toward other shoulder.



Repeat 2 times.

SHOULDERS - 1 Rotator Cuff

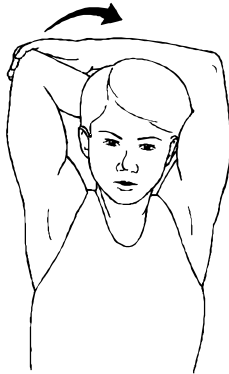
Pull right arm down with left hand until stretch is felt. Hold 10-20 seconds. Repeat with other side.



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.

General Tips

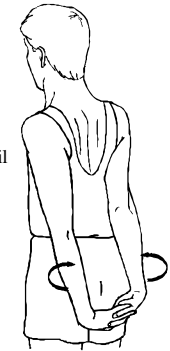
Consult a medical care provider before starting an exercise program if you have any concerns about your health.

Always stay in a pain free range when performing exercises.

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

SHOULDERS - 5 Deltoids

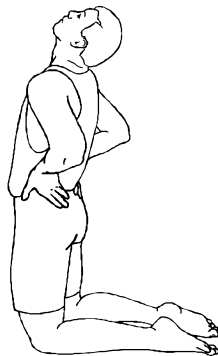
With fingers interlaced behind back, straighten arms and turn elbows in until stretch is felt. Hold 10-20 seconds.



Repeat 2 times.

CHEST AND ABDOMEN - 1 Abdominals (Mild)

With hands in small of back, arch back until stretch is felt. Hold 10-20 seconds.



Repeat 2 times.

HIP OBLIQUE - 7 External Rotators

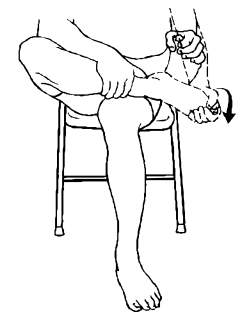
From position shown, pull knee across body toward the opposite shoulder until stretch is felt. Hold 10-20 seconds. Repeat with other knee.



Repeat 2 times.

LOWER LEG - 4 Ankle

Support one leg on the other and rotate that ankle clockwise, then counterclockwise, 10 revolutions. Repeat with other ankle.



Repeat 2 times.