

# EXERCISE TIPS FOR WORKING FROM HOME

If you have any doubts about your ability or safety in doing any of the movements, consult your physician.

## NECK

### 360'S

- Sit upright.
- Slowly drop head forward. In a controlled manner, circle head to the right, then back, then left, and finishing at the start position.
- Repeat for a total of 3-4 sets.



### NECK RETRACTIONS

- Start with head in neutral position.
- Pull head back as if to create a "double chin."
- Hold for 10-20 seconds, then relax. Repeat 3 times.



## SHOULDER BLADE "STABILIZERS"

### STICK-UPS

- Stand with arms bent at 90° at shoulder height.
- With palms facing forward, slowly squeeze shoulder blades backward and then dip shoulder blades down into your back pockets.
- Hold for 10-20 seconds and repeat 3 times.



# WRIST/ FOREARMS

## FOREARM EXTENSOR STRETCH

- With arm bent, or straight as shown, palm down, bend wrist down to 90°.
- Grasp hand and pull top of hand back toward forearm.
- Hold 10 seconds, relax, and repeat 3 times on each arm.



## FOREARM FLEXOR STRETCH

- Hold arm up in front of body as shown, palm facing upward.
- Grasp hand and gently pull the top of hand back and down toward body.
- Hold 10 seconds, relax, and repeat 3 times on each arm.



# LOWER BACK/LEGS

## SEATED LOWER BACK STRETCH

- Start in upright seated position, feet flat on the floor.
- Bend forward at the waist as far as comfortably possible.
- Hold 10 seconds, return to start, and repeat 3 times.



## SEATED HAMSTRING STRETCH

- Start in upright seated position, one leg extended out in front.
- Bend forward at the waist toward the outstretched leg as far as comfortably possible.
- Hold 10 seconds, return to start, and switch legs. Repeat 3 times.



# SIDE BODY

## SEATED SIDE STRETCH

- Sit upright with hands interlocked overhead.
- Keep shoulders square to front.
- Lean to each side, hold 10 seconds and repeat 3 times.

