

Take a Study Break and S-T-R-E-T-C-H

Hamstring Stretch

- Sit at the edge of a non-moving chair. Extend one leg without locking your knee and keep your toes up. Keep the other leg bent.
- Sit up straight and from your hips, slowly begin to lean forward until you feel the stretch in the back of your legs. Hold for 15 seconds. Repeat 3 times on each leg.



Backward Shoulder Rolls

- Keep your back straight. Bring your shoulders toward your ears, squeeze your shoulder blades and then press your shoulders down. Repeat 10 times.



Neck Stretch

- Sit up straight in a chair.
- Slowly lower your right ear to your right shoulder until you feel a stretch. Hold for 15 seconds. Repeat 3 times on each side.



Doorway Stretch

- Stand in a doorway and raise elbows parallel to shoulders. Place hands on the sides of the doorway.
- Bring one leg forward, and slowly lean forward until you feel a stretch in your chest. Hold for 15 seconds. Repeat 3 times.



Forearm Stretch

- (a) With your right arm extended (be careful not to hyperextend your elbow), use your left hand to gently pull the right hand toward your chest. Hold for 15 seconds. Repeat 3 times on each arm.
- (b) Extend your right arm and relax it (point fingers to the floor). Use your left hand to gently push your right hand toward your body until you feel a stretch in your forearm. Hold for 15 seconds. Repeat 3 times on each arm.



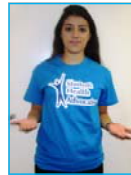
Upper Back Stretch

- Sit at the edge of a non-moving chair.
- Lift and extend your arms forward, placing one hand on top of the other.
- Slowly begin to bend forward from your upper back, and gently bring your chin to your chest until you feel a stretch. Hold for 15 seconds. Repeat 3 times.



External Rotation

- With your back straight, elbows at your side and palms facing up.
- Slowly begin to move your forearms away from your body until you feel a stretch. Hold for 15 seconds. Repeat 3 times.



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These stretches are for healthy individuals who are not injured. Stretching may cause some discomfort - stop immediately if you feel pain.