Shoulder Stretches

- **Shoulder Shrugs**: Slowly lift your shoulders up as if you were attempting to touch them to your ears. Lift as high as you can and hold for 10 – 15 seconds and then relax for 10 – 15 seconds. Repeat 2 or 3 times.

- **Shoulder Circles**: Slowly roll your shoulders forward until you have gone as far as possible. Then move them toward your ears as far as possible. Then reverse the routine, starting from the rear and moving to the front. Each roll forward and/or back should take 3 seconds each. Repeat 5 or 6 times forwards and backwards.

- **Protracting and Retracting the shoulders**: While standing, slowly take your shoulders forward as far as possible, as if you were trying to make them touch one another in front of your chest hold for 10 – 15 seconds. Then take them back as far as possible, squeezing the shoulder blades together and hold for 10 – 15 seconds. Repeat 2 or 3 times.

Neck Stretches

- **Tilt From Front To Back**: Tilt your head slowly back, far enough so you can look up. Hold posture for 10-15 seconds. Return slowly to a normal position then tilt forward to stretch the back of your neck and hold for 10 – 15 seconds. Repeat 2 or 3 times.

- **Tilt From Side To Side**: Keep your face looking forward as you slowly tilt your head over to your shoulder. Don’t go so far that you touch your ear with your shoulder. Hold posture for 10 – 15 seconds. Return your head to the centre position. Move your head to your opposite shoulder and hold for 10 – 15 seconds. Repeat 2 or 3 times.

- **Rotate Head From Side To Side**: Slowly turn your head left as far as you can. Hold posture for 10 – 15 seconds. Return your head to the centre. Turn your head in the opposite direction and hold for 10 – 15 seconds. Repeat 2 or 3 times.

Leg Stretches

- **Ankle**: In a standing position, hold onto something solid that won’t move for balance. Lift the right foot and rotate the ankle for 8-10 seconds clockwise and then 8-10 seconds anti-clockwise. Repeat 2 or 3 times on each side.

- **Upper Calf**: Take a step forwards and bend the front knee. Keep the back knee straight & heel on the ground. Make sure that both feet are pointing forwards. Stretch should be felt in the upper middle part of the calf. Hold the stretch for 10 – 15 seconds and repeat 2 or 3 times for each leg.

- **Lower Calf**: Now bend the back knee as well, whilst keeping the heel flat on the ground and both feet pointing forwards. Stretch should be felt in the lower part of the calf. Hold the stretch for 10 – 15 seconds and repeat 2 or 3 times for each leg.

- **Back of Thigh**: Take a step forward and bend the back knee. Put both hands on the thigh of the bent back leg to support the lower back and lean forwards until the stretch is felt in the back of the thigh on the straight leg. Hold the stretch for 10 – 15 seconds and repeat 2 or 3 times for each leg.

- **Front of Thigh**: Stand on one foot, or use a partner for support or hold onto something solid that won’t move for balance. Hold the opposite ankle and bring the heel towards the backside but keep it pulled slightly away. Keep both knees close together to prevent twisting of the knee, and tilt the pelvis forwards. Stretch should be felt in the middle of the thigh and towards the hips. Hold the stretch for 10 – 15 seconds and repeat 2 or 3 times for each leg.

Wrist Stretches

- **Wrist**: Start with hand flat, palm facing the ground slowly rotate in a clockwise circle pivoting at wrist. Pivot in wide circles and rotate for 8 – 10 seconds. Repeat 2 or 3 times each hand.

- **Top of forearm**: Start with hand flat and palm facing the ground. Gently pull hand down and towards the forearm and hold the stretch for 10 – 15 seconds. Repeat 2 or 3 times each arm.

- **Bottom of forearm**: Start with hand flat and palm facing the ground. Gently pull hand up and backwards towards the forearm and hold the stretch for 10 – 15 seconds. Repeat 2 or 3 times each arm.

- **These exercises are of a general nature. If you have any known injuries please seek appropriate advice from your healthcare professional regarding appropriate stretches for you.**

- **If you feel any pain, discomfort, pins and needles or numbness when completing these exercises please stop and seek advice from an appropriate health professional.**

- **Never stretch to the point where you feel pain, you should feel a gentle pull on the muscle but should always be comfortable.**

- **Always remember to breathe as normal, do not hold your breath.**

- **Avoid jerky or bouncing movements in any stretches, move the stretch to your comfortable limit and hold for 10 – 15 seconds and repeat 2 or 3 times.**