

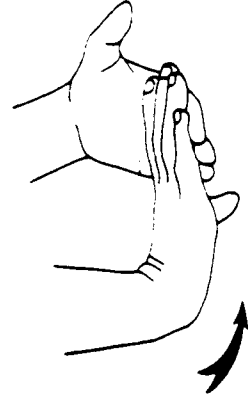
MINNESOTA DEPARTMENT OF EMPLOYEE RELATIONS

Stretching Exercises



Tilt head toward shoulder, then slowly toward opposite shoulder.

Keeping elbow straight, grasp involved hand and slowly bend wrist until a stretch is felt.



Shrug shoulders up and down, forward and backward.



Actively bend fingers of involved hand. Start with knuckles furthest from hand and slowly make a fist.



Keeping elbow straight, grasp involved hand and slowly bend wrist down until a stretch is felt.



Place hands or thumbs on back of hips and lean backwards while lifting chest.

