

IT'S TIME FOR A STRETCH BREAK!

MAINTAIN A HEALTHY POSTURE WHILE STUDYING.

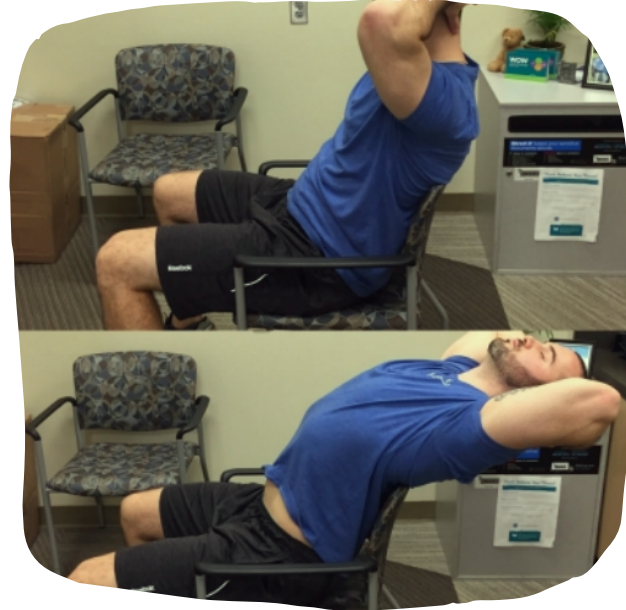
UPPER TRAP STRETCH



HOLD FOR 30 SECONDS
ON EACH SIDE.
COMPLETE 3 SETS OF 3
REPETITIONS

- ONE HAND HOLDS THE SEAT OF THE CHAIR AND THE OTHER HAND HOLDS YOUR HEAD.
- PULL YOUR HEAD IN THE OPPOSITE DIRECTION OF THE HAND HOLDING THE CHAIR SEAT. YOU SHOULD FEEL A STRETCH TO THE SIDE OF YOUR NECK.

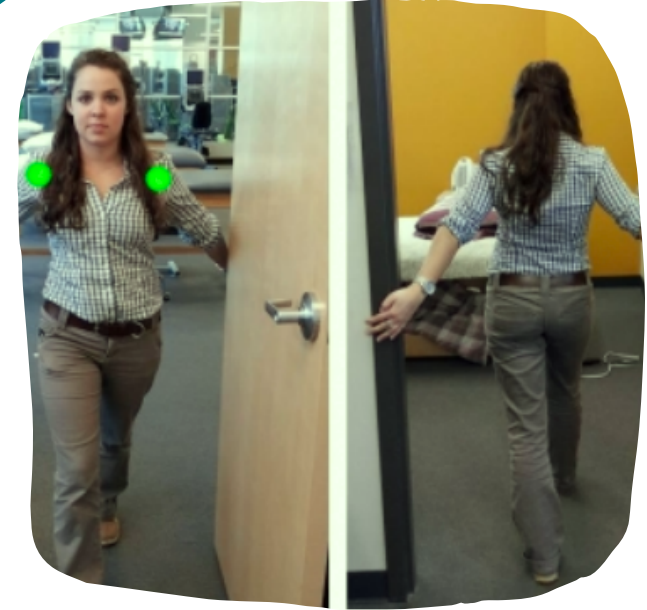
THORACIC EXTENSION IN SITTING



HOLD FOR 2 SECONDS AT END
RANGE, RETURN TO START POSITION.
COMPLETE 3 SETS OF 10
REPETITIONS.

- CLASP HANDS TOGETHER AND PLACE BEHIND NECK.
- SLIDE HIPS FORWARD IN CHAIR AND PLACE UPPER SPINE ON TOP OF CHAIR.
- LEAN BACKWARDS OVER CHAIR USING IT AS A SUPPORT.

PEC STRETCH (LOWER GRASP)



HOLD FOR 30 SECONDS.
COMPLETE 3 SETS.

- GRASP BOTH SIDES OF THE DOOR AS SHOWN.
- SLOWLY STEP THROUGH THE DOORWAY UNTIL A STRETCH IS FELT NEAR THE FRONT OF EACH SHOULDER (INDICATED BY THE GREEN DOTS).
- TO RELEASE STRETCH, STEP BACK OUT OF DOORWAY.

For more information about the importance of stretching, ask for a pamphlet from SHAC's Physical Therapy Department!