

## **SEATED HAMSTRING STRETCH**

**You should feel a stretch in the back of your leg**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Put your right leg up on table and reach out with a flat back
- Straighten your right leg out as best as you can
- Hold for 30 seconds
- Switch legs - Breath



Consult a Physician before beginning this or any exercise program

P.O. Box 1140  
Mashpee, MA 02649

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## **SEATED HIP/GLUTEUS STRETCH**

**Should feel stretch in rear/hip**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Cross your right foot over your left knee
- Hug your right knee in toward your right side chest
- Hold for 30 seconds – SWITCH - Breath



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## **STANDING CALF STRETCH**

- Stand straight and tall and pinch your shoulder blades and hold in your stomach
- Bring your right leg forward and left leg back far enough so that when you put your left heel down you feel a big stretch in your left calf
- Hold for 30 seconds - SWITCH



## **STANDING FRONT THIGH STRETCH**

- Stand straight and tall and pinch your shoulder blades and hold in your stomach
- Grasp your right ankle with your right hand – Now roll your right hip in forward
- Pull you right leg back as far as you can until you feel a stretch in your right thigh
- Hold for 30 seconds - SWITCH



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## **SEATED BACK OF SHOULDER STRETCH**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Sit on chair with lower back as flat as you can against the back of the chair
- Bend right arm into an “L” and pull it across your body with your left wrist
- Right hand roll forward
- Hold for 30 seconds and breath deeply



## **SEATED UPPER BACK STRETCH**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Interlock your fingers and reach your upper body (shoulders) forward away from the chair
- Reach as far as you can comfortably
- Hold for 30 seconds - Breath



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## **SEATED NECK STRETCH**

- Sit on chair with lower back flat against back of chair
- Pull in your stomach as hard as you can
- Interlock fingers behind back of head and bring elbows toward the middle
- Slowly pull your chin down toward your chest
- Hold for 30 seconds
- Relax and breath deeply



## **SEATED BACK OF NECK TIGHTEN**

- Sit on chair with lower back flat against back of chair
- Now push your head back with your chin in
- Pull in your stomach as hard as you can
- Hold for 30 seconds
- Relax and breath deeply



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## **SEATED ONE FINGER AT A TIME STRETCH**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Hold right index finger inside of left palm
- Push right index finger harder against left palm
- Hold for 30 seconds
- Do every finger and do not forget your thumb



## **SEATED FULL HAND STRETCH**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Raise entire right hand up and pull on all finger tips with palm of left hand
- Relax and hold for 30 seconds



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## **SEATED WRIST STRETCH**

- Perfect posture – sit straight and tall with lower back flat against back of chair
- Hold right hand down toward floor and push against the right back of hand with your left palm
- Hold for 30 seconds - SWITCH



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