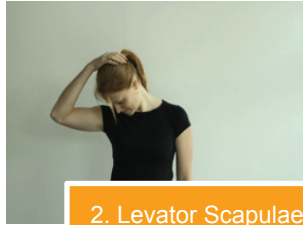


Do these quick stretches to reduce fatigue and avoid injuries:



1. Upper Trapezius



2. Levator Scapulae



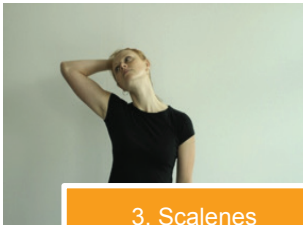
Upper Trapezius

Side bend head towards right shoulder. Stretches left shoulder and neck.

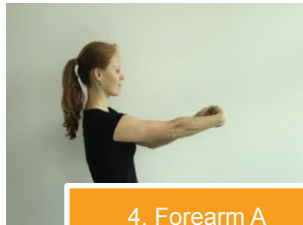


Levator Scapulae

Rotate head 45° to right and pull forward in same direction. Stretches left neck down to shoulder blade.



3. Scalenes



4. Forearm A



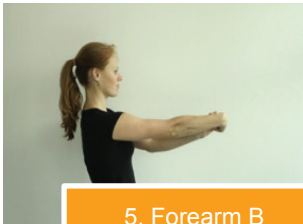
Scalenes

Rotate head 45° to right and pull head backwards. Stretches front left neck.

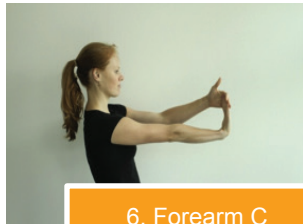


Forearm A

Make a fist with right hand and pull with left hand towards elbow. Stretches outside of right forearm.



5. Forearm B



6. Forearm C



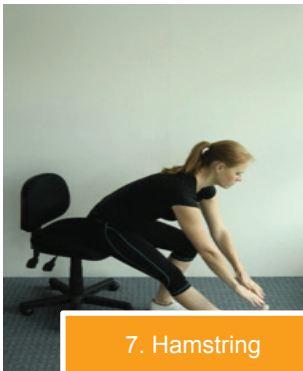
Forearm B

Repeat 'Forearm A' whilst pulling fist down. Stretches top of right forearm.



Forearm C

Keep right elbow straight, whilst pulling fingers back. Stretches along underneath of right forearm.



7. Hamstring



8. Gluteus



Hamstring

Lean forward towards foot with straight back. Stretches back of right thigh.



Gluteus

Place right ankle on left thigh, gently push down on right knee down towards the floor. Stretches right buttock.

Stretches should be held for 30 seconds. Repeat stretches on both sides. Check with your Chiropractor if you feel any pain or recent joint troubles, muscular issues or any other concerns.

Suite 9 'The Village' 3 Julius Ave
Riverside Corporate Park
North Ryde, NSW, 2113
+61 2 8096 6781

enquiries@riversidechiropractic.com.au
www.riversidechiropractic.com.au