

RECOVERY STRETCHES FOR VETERINARY STAFF

HOLD EACH STRETCH FOR 20 SECONDS, THEN REPEAT ON THE OTHER SIDE

NECK STRETCH

Stand up straight, looking forward. Place one hand behind your back and the other on your head. Tilt your ear towards your shoulder and hold.



CHEST STRETCH

Lock your hands together behind your back. Push backwards while pushing your chest forwards. Roll your shoulders back and down.



STANDING HAMSTRING STRETCH

Fold your upper body forwards with your back straight and your nose directly above the stretched leg.



SHOULDER STRETCH

Bring your arm across the front of your chest. Place your other hand above the elbow. Apply gentle pressure.



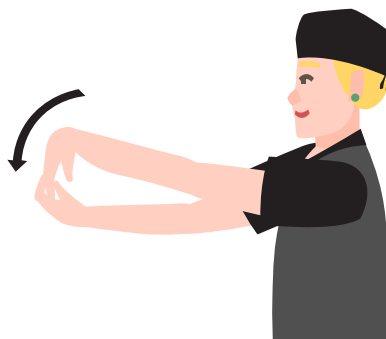
WRIST FLEXOR STRETCH

Hold one arm out with your elbow straight and palm facing down. Bend your fingers up.



WRIST EXTENSOR STRETCH

Hold one arm out with your elbows straight and palm facing down. Bend your fingers down.



DISCLAIMER: Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery. Never bounce, jerk, or twist while stretching. Stop the stretch if you experience pain.