

# STRETCHES & EXERCISES

- Do these stretches at least 1 time per day for 3 sets each.
- Do these abdominal exercises at least 1 time each day 1 set each.
- The best time is during/after a hot shower or Jacuzzi, after a 10-minute warm-up on a recumbent bike is also acceptable.
- Do not bounce or stretch too hard –go until the muscle just starts to feel tight then try to relax the muscle so it may fully stretch.
- If you forget how to do something, ask the Doctor to go over it again.
- Remember: drink plenty (at least 8 cups) of water each day with electrolytes & proper supplementation.

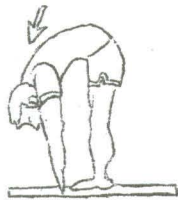
## Neck Stretch



Tilt & turn your head toward one shoulder, relax, gradually turn your head to the opposite side. Keep head tilted to same side throughout the turning motion. Repeat 3 times each side.

Note: Discontinue this stretch if you feel faint or dizzy.

## Standing Stretches



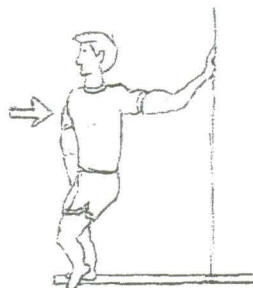
Bend knees slightly & reach for your toes.  
Note: It is not necessary to touch your toes.



Place one foot on a stationary object with your other foot slightly behind. Gently lean forward while keeping your upper body upright.

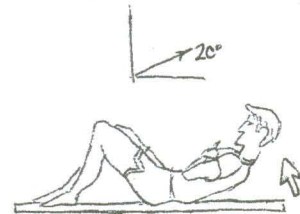


Grab your opposite ankle with your opposite hand. Gently pull ankle toward buttocks.

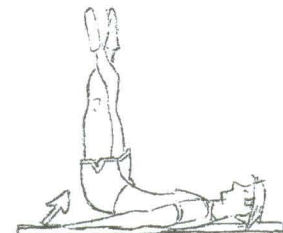


Place one hand on the wall with elbow slightly bent. Gently twist your body & bend your knees.

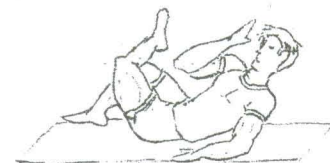
## Abdominal Exercises



With knees bent crunch up until shoulders come off the ground.



With knees slightly bent, cross ankles & gently rock hips while aiming feet toward ceiling.



Place ankle on knee & aim elbow toward opposite knee.  
Note: it is not necessary to touch your knee with elbow.