



**MAVERICK**  
HEALTH COACHING

# QUICK STRETCH GUIDE



**1**

## REAR SHOULDER

Bring the involved arm across chest. Grasp elbow and pull toward chest until you feel a stretch in the back of the upper arm and shoulder



**2**

## WRIST/ BICEP

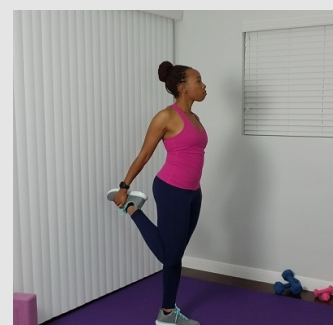
Extend your arm out in front of you with your palm out and fingers turned down. Use your other hand to add light pressure to your fingers and get a deep stretch that runs from your palms up to your biceps



**3**

## HAMSTRING

Keeping your trunk and back straight, bend one leg slightly and lean forward at your hips until you feel a stretch on the back of your opposite thigh.



**4**

## THIGH

While in a standing position, bend your knee back behind and hold your ankle/foot. Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.



**5**

## NECK

Sit tall with shoulders back. Bring your nose toward your armpit on the same side and flex the wrist on the opposite side. This stretch should be felt at the base of the skull and upper neck.

All stretches should be held for 30-60 seconds. If stretching causes sharp pains or numbness, discontinue stretches immediately and seek medical attention if necessary.