



Ankle / Leg Extension



Back Arch



Chin Tuck



Extend and Flex Fingers



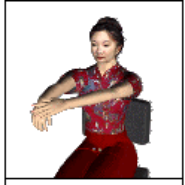
Extend Arms and Fingers



Eyes Around the Clock



Flex Wrist Backward



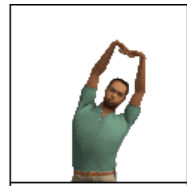
Flex Wrist Forward



Focus on Infinity



Hands Over Eyes



Hands Overhead



Hands to Floor



Head Side to Side



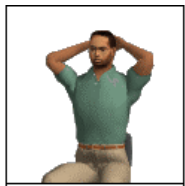
Neck Twist



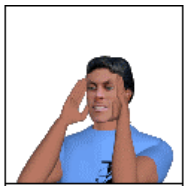
Reach for the Sky



Shoulder Shrug



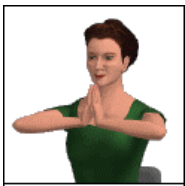
Spread Wings



Temple Massage



Trunk Twist



Wrist and Finger Press

Stretch Break Selection Sheet

Program Users

To select the stretches that appear:

- 1 Start Stretch Break
- 2 Click on OPTIONS
- 3 Click on SELECT STRETCHES
- 4 Click on the boxes to select or de-select stretches

Health Care Professionals

Stretch Break allows the users to select appropriate stretches. You may prefer that your clients do certain stretches and not do other ones. Circle the stretches to be done.

For more information contact:

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