

## Main Points from the

**HANDLE  
WITH CARE**

## Guidelines on:

# Exercises

*Stop, s-t-r-e-t-c-h and check*

- Do a few of these exercises a few times a day
- Dots show the muscles that you are exercising
- Make sure you relax and perform them gently

- Hold the stretch or repeat as indicated on the diagram
- Do not over-stretch
- Stop if you feel discomfort when performing the action
- Remember to do each side



### Head rolls

Gently lower ear to shoulder and hold for 10 seconds. Slowly roll chin to chest and up to other shoulder and hold for 10 seconds. Repeat several times and be careful not to extend your neck back too far.



### Shoulder stretch

Stretch arm above head, cradle elbow with hand and gently pull elbow behind the head. Hold for 10 seconds and repeat several times.



### Head turns

Turn head slowly to look over left shoulder and hold for 10 seconds. Turn head the other way and hold for 10 seconds. Repeat several times.

### Wrist stretch

Interlace fingers, palms outwards, and straighten arms in front. Hold for 10 seconds and repeat several times.



### Chin tucks

Raise the head to straighten the neck. Tuck the chin in and upwards creating a double chin. This also results in a forward tilt of the head. Hold for 10 seconds and repeat several times.



### Upper and lower back stretches

Interlace fingers and turn palms upward above head; straighten arms then slowly lean slightly from side to side. Repeat movement several times.



### Shoulder rolls

Circle shoulders forward several times, then backward. Repeat 3 to 5 times

### Back arching

Stand up. Support lower back with hands and gently arch back. Gently arch back and hold for 5 to 10 seconds. Repeat as often as is needed.