

# STRETCH OF THE MONTH



If you have health conditions or injuries, talk to your doctor or physical therapist about which stretches are right for you.

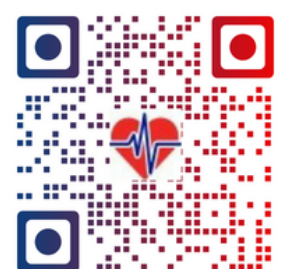
Hold each stretch for 20 to 30 seconds and continue to breathe throughout the stretch.



## JANUARY: ARM CIRCLES

- Stand with feet shoulder-width apart and arms extended to the sides.
- Make small circles with your arms, gradually increasing the size.
- After 15-30 seconds, reverse the direction of the circles.

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## FEBRUARY: HIGH KNEES/ KNEE GRAB

- Stand with feet hip-width apart.
- Alternate lifting your knees towards your chest as high as possible while pumping your arms.
- Continue for 30 seconds to 1 minute, keeping your core engaged.

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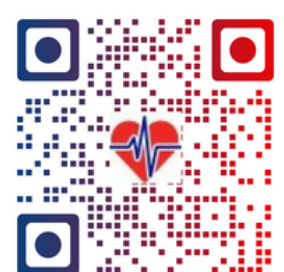
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## MARCH: SEATED BUTTERFLY

- Sit with feet together and knees bent out to the sides.
- Gently press your knees towards the floor with your elbows.
- Hold for 15-30 seconds

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## APRIL: HIP FLEXOR

- Kneel with one of your knees on the floor and the other foot in front with your knee bent.
- Push your hips forward while keeping your back upright.
- Hold for 10-30 seconds and alternate sides.

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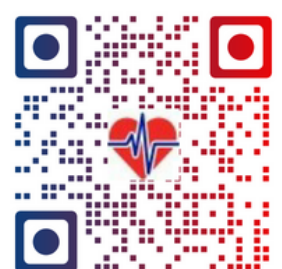
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## MAY: THUMB FLEX

- Start with your hand out in front of you, palm up.
- Extend your thumb away from your other fingers as far as you can.
- Then bend your thumb across your palm so it touches the base of your small finger.
- Hold, and repeat 3-4 times with each thumb.

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## JUNE: EAGLE ARMS

- Cross your right arm over top of your left arm at the elbow.
- Bend elbows to 90 degrees and bring palms to face each other.
- Raise elbows and push elbows and hands forward, away from the body until you feel a stretch between the shoulder blades.
- Hold 30 seconds.
- Relax and repeat on the other side.

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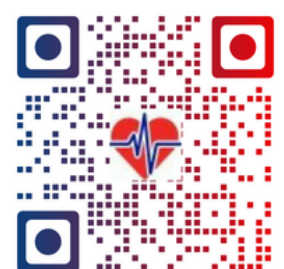
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## JULY: EYE RELAXATION

- Close your eyes and place your hands over top feeling a warming sensation.
- Relax your eyes.
- Hold for 10-20 seconds.

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## AUGUST: WALL ANGELS

- Stand with your back against a wall, feet a few inches away from it.
- Press your lower back, upper back, and head against the wall.
- Raise your arms to form a "W" shape and slowly move them up to a "Y" shape, keeping contact with the wall.
- Repeat for 15-30 seconds.

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## SEPTEMBER: KNEELING HIP ROCK (ADDUCTOR STRETCH)

- Begin on hands and knees and extend your left leg straight out to the side.
- You may feel a light stretch already in the inner thigh.
- Slowly rock the hips back to increase the stretch felt in the groin and inner thigh muscles.
- Hold this position for 5-10 seconds and then slowly return to the starting position.

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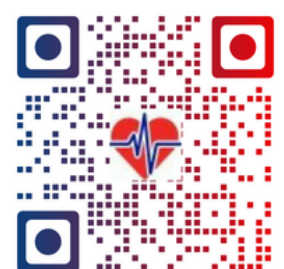
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## OCTOBER: SPINAL TWIST

- Sit or stand tall.
- Twist your torso to one side while keeping your hips forward.
- Use your hands or arms to gently deepen the twist.
- Hold for 15-30 seconds and then switch sides.



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## NOVEMBER: SEATED INNER THIGH

- While seated, take the legs wide, toes out and lean forward with the elbows on the thighs.
- Keep the back straight and the abs contracted.
- Gently press forward while using the elbows to push the thighs out until you feel a stretch in the inner thighs.
- Hold for 10 to 30 seconds and repeat as many times as you like.

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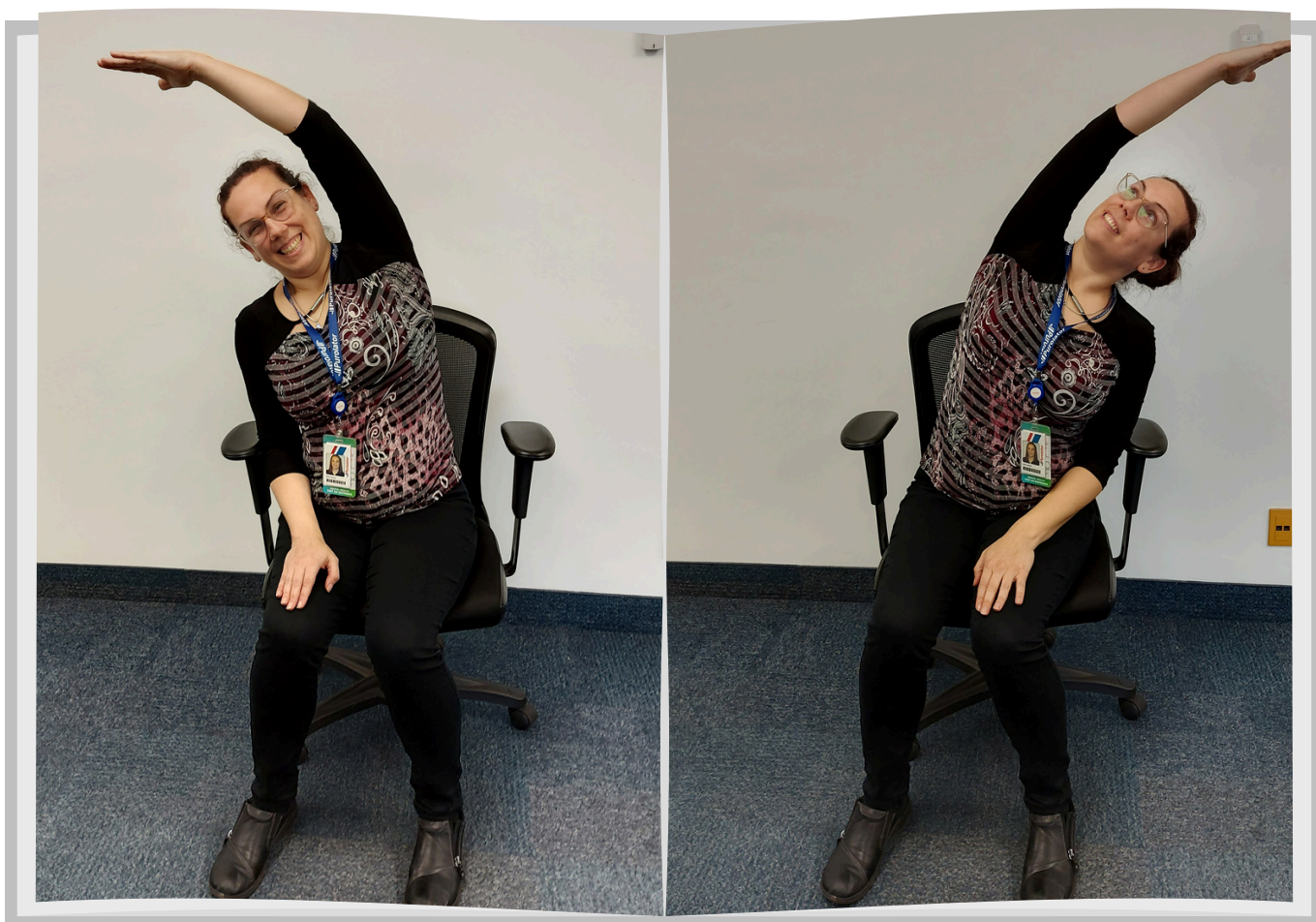


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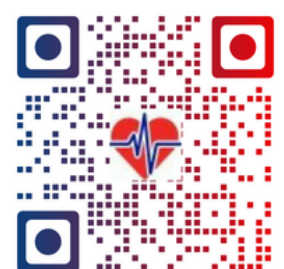
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## DECEMBER: SEATED SIDE STRETCH

- Sit in a chair with feet flat on the floor.
- Reach one arm overhead and lean to the opposite side, stretching your side.
- Hold for 15-30 seconds and switch sides.

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