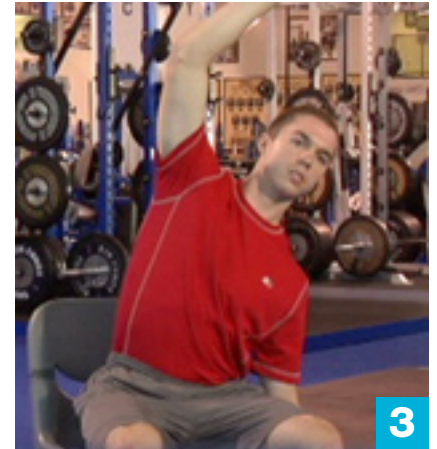
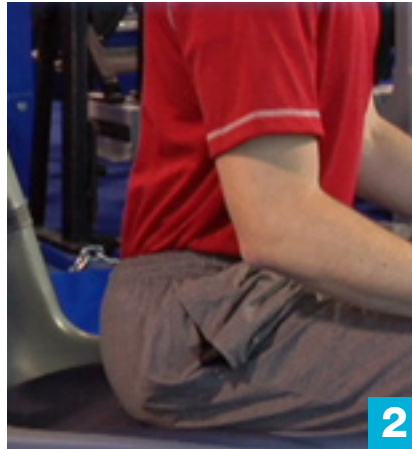


Side Stretch

General Back Exercise



- To do a Side Stretch, sit in a chair with your feet flat on the floor. Shift your weight slightly forward to avoid rounding your back. Relax. Keep your ears, shoulders, and hips aligned.
- Stretch your right arm overhead.
- Slowly bend to the left. Don't twist your torso.
- Hold for 20 seconds. Return to starting position.
- Repeat 2 times. Then, switch to the other side.