

Stretches to help your neck and shoulders:

Hold these for 30 sec and repeat 3x, do them 3x per day.



Stretches to help your low back:

Hold these for 30 sec and repeat 3x, do them 3x per day.



Stretches for your arms and hands:

Bend one wrist to extension (upward) using your other hand. Hold position at the end of range of motion for 30 seconds for 3 repetitions. Repeat with other hand. Repeat all steps to flexion (downward.)

