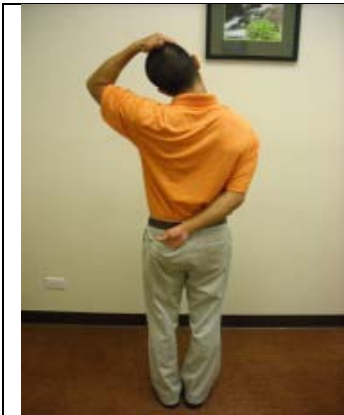


TAIRA CHIROPRACTIC

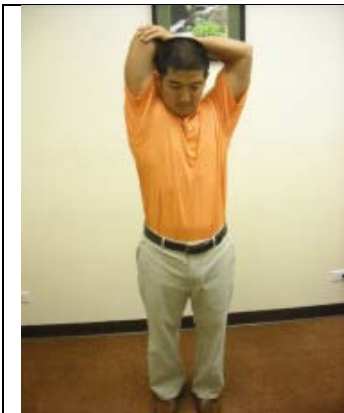
Upper Body Stretches



Neck Stretch: Standing, or sitting, with one hand in the opposite back pocket. Opposite hand on the side of head, gently stretching the side of the head. Hold stretch for 5 breaths.



Chest, Shoulder, & Arm Stretch: Standing with hand placed on the wall at shoulder height, fingers pointing upward. Rotate body away from the wall, stretching the chest, front of shoulder, bicep, and forearm. Breathe: on the breath in, lengthen the muscles; on the breath out, relax into the stretch. Hold stretch for 5 breaths.



Triceps stretch: Standing, or sitting, with one arm held over head and elbow bent. Opposite arm holding bent elbow, pressing arm back and down. Breathe: on the breath in, lengthen the muscles; on the breath out, relax into the stretch. Hold stretch for 5 breaths.



Shoulder stretch: Standing with one arm extended. Bring the extended arm across the body. Opposite forearm pressed upon the elbow, stretching the back of the shoulder. Breathe: on the breath in, lengthen the muscles; on the breath out, relax into the stretch. Hold stretch for 5 breaths.



Forearm stretch: Standing with one arm extended and palm facing upward. Opposite hand placed palm to palm, pressing the hand toward the body. Breathe: on the breath in, lengthen the muscles; on the breath out, relax into the stretch. Hold stretch for 5 breaths.

To stretch the outer forearm. Same position with palm facing down. Opposite hand placed upon the knuckles, pressing the hand toward the body.