

# Recovery Stretches for Veterinary Staff

Hold each stretch for 20 seconds, then repeat on the other side

## NECK STRETCH

Stand up straight, looking forward. Place one hand behind your back and the other on your head. Tilt your ear towards your shoulder and hold.



## CHEST STRETCH

Lock your hands together behind your back. Push backwards while pushing your chest forwards. Roll your shoulders back and down.



## STANDING HAMSTRING STRETCH

Fold your upper body forwards with your back straight and your nose directly above the stretched leg.



## SHOULDER STRETCH

Bring your arm across the front of your chest. Place your other hand above the elbow. Apply gentle pressure.



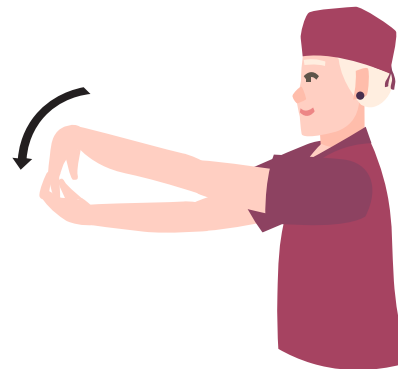
## WRIST FLEXOR STRETCH

Hold one arm out with your elbow straight and palm facing down. Bend your fingers up.



## WRIST EXTENSOR STRETCH

Hold one arm out with your elbows straight and palm facing down. Bend your fingers down.



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Tutorial

**DISCLAIMER:** Check with your physician before starting a new exercise program or if you have had recent joint trouble, muscle problems, or surgery. Never bounce, jerk, or twist while stretching. Stop the stretch if you experience pain.