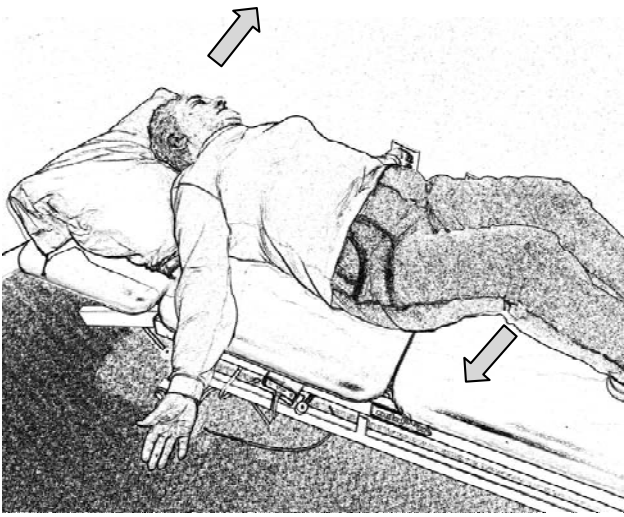


## Trunk Rotation Stretches



- Lie on back with knees bent, arms outstretched
- SLOWLY turn head one way and knees the opposite way
- Repeat \_\_\_\_\_ times \_\_\_\_\_ per day.



- SIT “TALL” with feet flat on the floor
- Turn all the way around, pushing your hand against the opposite knee and reaching behind you
- Hold 3 –10 seconds, then SLOWLY go turn the opposite direction
- Do \_\_\_\_\_ times right and \_\_\_\_\_ times left \_\_\_\_\_ times per day