

# Strong Minds Station 4: Strong Stretching Station



Try holding each stretch for 30 seconds.



## Sidelying trunk rotation

Lay on one side with your knees and hips bent at a right angle. Move the top shoulder backwards, lay the top shoulder down on the floor and hold. Lie on the other side and repeat the stretch.



## Lower Trunk Rotation

Lie on your back with your arms stretched out as shown. Keep your shoulders down, bend your knees and keep your feet supported. Slowly drop your knees to one side until you feel a gentle pull and hold. Return to starting position, and drop knees to other side.

### Modified stretch (chair):

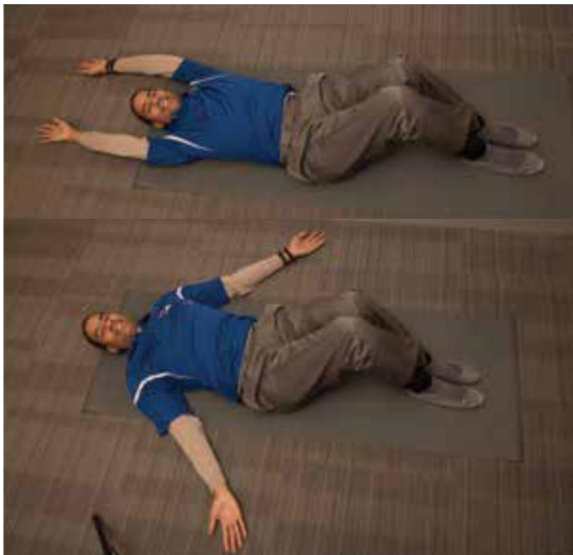
1. Sit tall in chair with legs on the floor
2. Reach right arm up and over toward the left side of the chair
3. Stay tall as you turn to the left
4. Return to starting position
5. Repeat on opposite side by reaching left arm up and over to right side of chair.



## Trunk Release

While sitting, straighten arm and lean to opposite side. Support yourself with the other arm.

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## Supine Angels

Lying on your back with your knees bent, start with your arms flat on the table next to your side. Slowly slide your arms out to the side and up over your head. Return to the starting position and repeat for 3 times.

### **Modified stretch (chair):**

Put both legs down on the floor. Move the arms out to the side and up over your head, and then back down.



## Seated Rotation Stretch

1. Sit tall on the floor with your legs straight out in front of you.
2. Cross your right leg over your left leg and put your right foot on the floor close to your left knee.
3. Turn your upper body towards your right side using your right arm to help you sit tall and your left arm against your right leg to help you twist. You should feel a stretch in your hip and the side of your back.

### **Modified stretch (chair):**

Put both legs down and reach both arms to the right base of the chair. Turn your head and body to the right. Repeat on left side. (as pictured).



## Shoulder Internal Rotation (standing or sitting)

Holding on to a belt or towel with one arm behind your neck and the other arm behind your back. Pull the opposite end up on the towel with the upper arm, as pictured, to stretch the lower arm. Do this stretch so that it pulls, but never hurts.