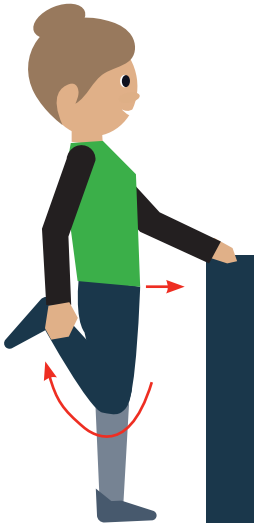
STRETCHING **EXERCISES**

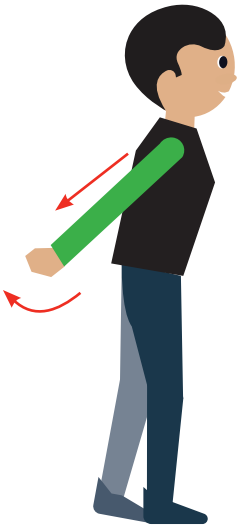
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4 rules to follow:

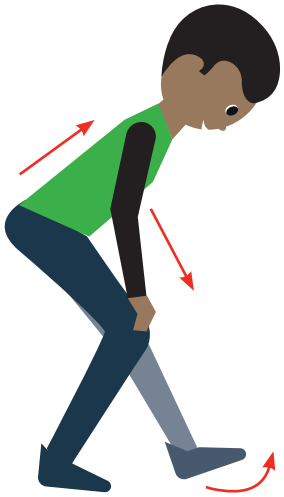
- Stretch regularly during the day
- Maintain the stretch for a minimum of 15 seconds
- Avoid sudden movements
- Stretch until you feel muscle tension without any pain



Bring the heel close to the buttock, holding the ankle or the pants.



Bring your arms and shoulders back.



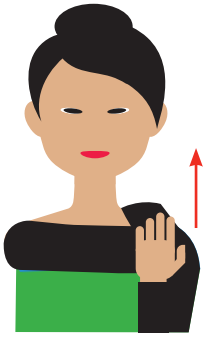
Extend one leg and bend your trunk forward, keeping your back straight.



Extend your hands forward and round your upper back.



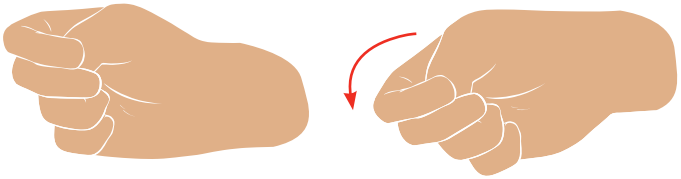
Bring your ear closer to your shoulder.



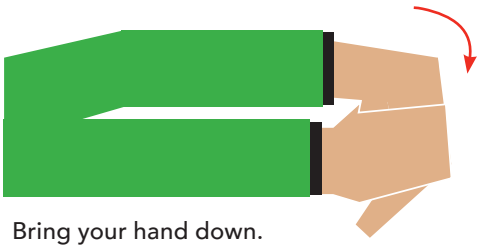
Bring the elbow towards the opposite shoulder.



Bring the back of the hand towards the forearm.



Hold your thumb with your fingers and deviate the wrist towards your little finger.



Bring your hand down.

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