

Stretching

60 Second Effective workday

Stretches – DURING EXAMS, BREAKS OR BETWEEN PATIENTS



Neck/Upper Trap Stretch



Lat/Mid Back Stretch



Lat/Mid Back Stretch



Shoulder Stretch



Chest/Shoulder Stretch



Low Back/hip flexor Stretch



Cervical Extensor/Neck Stretch



Neck/Levator Scapulae Stretch



Eyeball Stretches/Exercises



Wrist Flexor Stretch



Wrist Extensor Stretch