



Rehab News

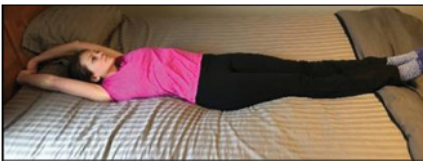
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Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

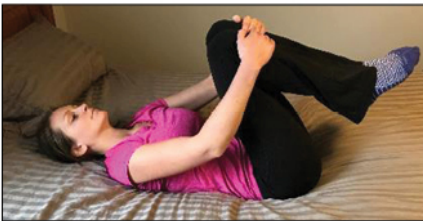
Daily Stretches for Better Health

Morning stretching is important for your body to help kick-start your energy levels and improve circulation. Stretching can help loosen tight muscles and improve your range of motion making it easier to move and perform daily activities like getting dressed and picking up objects from the floor.

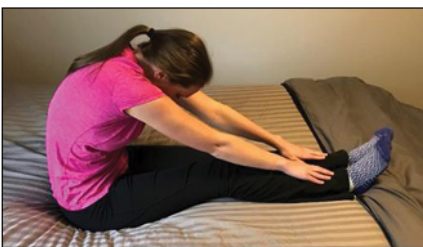
Try these simple stretches you can do every morning in bed. If you have any concerns about stretching please consult with your health care provider. We recommend stretching at least 2 to 3 times per week.



Full-body Stretch: Inhale, reach your arms overhead & straighten your legs out. Hold for 5 counts, then exhale & release the stretch. Repeat 3 times.



Knees-to-Chest: Lay on your back, bend your knees and use your hands to draw one knee in toward your chest at a time, wrapping your arms around both shins. Hold for 10 deep breaths.



Seated Forward Bend: Begin by sitting up and keeping your legs straight. Inhale and lengthen through your spine; as you exhale, start to walk your fingertips toward your feet. When you get to your farthest point, let your neck hang heavy toward your legs, releasing any tension. Hold for 10 rounds of breathing.

If you are experiencing pain or having trouble moving around and performing daily activities, talk with your doctor about Physical and Occupational Therapy. Physical therapists can teach you how to exercise and stretch appropriately for joint mobility, muscle strength and fitness. Occupational therapists can help older adults to safely do the things they want to do, stay active and live well despite limitations.