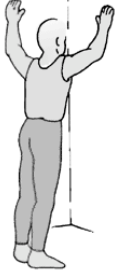

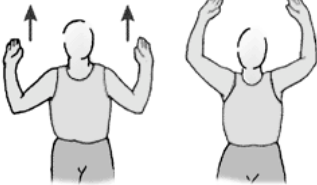


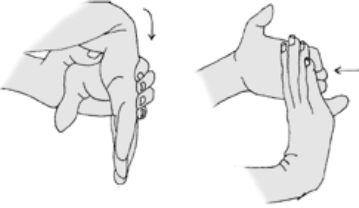



These upper body stretches provided for you by  
**The Pure Escape**  
 698 Corydon Avenue, Winnipeg, Manitoba  
 (204) 488-0815

	<p><b>Pectoralis Stretch #1</b>        Stand in a doorway or corner with both arms on the wall slightly above your head. Your feet should be shoulder width apart and your back in a neutral spine position. Slowly lean forward until you feel a stretch in the front of your shoulders. Hold until you feel the muscle release, then lean in a little farther and repeat.</p>
	<p><b>Thoracic Extension #2</b>        While sitting in a chair, clasp both arms behind your head. Gently arch backward and look up toward the ceiling.</p>
	<p><b>Arm slides on wall #3</b>        Sit or stand against a wall with your elbows and wrists against the wall. Slowly slide your arms upward as high as you can while keeping your elbows and wrists against the wall.</p>
	<p><b>Upper Trapezius Stretch #4</b>        Sitting in an upright position, put your right arm behind your back and gently grasp the right side of your head with your left hand to help tilt your head toward the left. You will feel a gentle stretch on your right side. Hold for 15 to 30 seconds. Switch and stretch the other side.</p>
	<p><b>Scalene Stretch #5</b>        Sitting in an upright position, clasp both hands behind your back, lower your left shoulder, and tilt your head toward the right. Hold this position for 15 to 30 seconds and then come back to the starting position. Lower your right shoulder and tilt your head toward the left until you feel a stretch. Hold for 15 to 30 seconds.</p>
	<p><b>Wrist Stretch #6</b>        With one hand, help to bend the wrist on your other hand down by pressing the back of your hand and holding it down for 15 to 30 seconds. Next, stretch the hand back by pressing the fingers in a backward direction and holding it for 15 to 30 seconds. Switch and stretch the other wrist.</p>
	<p><b>Scapular Squeezes #6</b>        While sitting or standing with your arms by your sides, squeeze your shoulder blades together and hold for 5 seconds.</p>