Quick Stretches for Dental Staff

Stretches should be performed throughout the day for about 10 seconds each in a slow and steady manner.

1. Up and Over
2. Help for My Aching Back
3. Crack a Walnut
4. Lift Back
5. Spinal Twist & Variation
6. The All Important Thumb
7. Roll Down
8. Open & Close
9. Ear to Shoulder Rainbow
10. Ear to Armpit and Chin to Chest
11. Wrist Relaxer