

# Chair Stretches for maintaining or improving flexibility

The stretching exercises below reveal the different ways the body can move for a variety of everyday tasks and activities.

Instructions: The actual position in each photo may not be exactly what you can do. You have your own level of flexibility (Range of Motion). Simply go to a position that you feel comfortable in; avoid discomfort/pain; and hold the position for 30-60 seconds.



Did you slowly and gently go into the position shown? **Yes/no**  
Did the position you attempted create a feeling of stretch while avoiding discomfort/pain? **Yes/no**  
Did you hold the stretch for 30-60 seconds? **Yes/no**