

Harvesting – English pocket cards

Neck Glide

Perform 5 repetitions



Keep head level (looking forward) and pull chin towards the back - do not hold this movement.

Neck Side Bend

Hold 20-30 seconds,
3 repetitions



Start with the head/neck relaxed, bend the head to the left trying to put the ear to the shoulder. Reach the same arm up to apply light pressure downward. If needing a greater stretch, place the opposite arm behind your back.

High Five

Hold 20-30 seconds, 3 repetitions



Find an open doorway or post to place the arms against. One arm at a time is ok. Place the arm up in a high five position. Take a step forward while leaving the arm against the doorway or post.

No Money

Hold 20-30 seconds, 3 repetitions



Start with the elbows bent and at your sides with palms facing up. Slightly rotate the palms out to the side while pinching the shoulder blades together and down.

Back Scratcher

Hold 20-30 seconds, 3 repetitions



Starting with the right arm, raise the right arm back behind your head as if to scratch your back. With the left hand applying a light amount of pressure.

Wrist Extensor

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the palm down, bend wrist down to point fingers toward the floor, apply gentle pressure to the palm with the left hand.

Wrist Flexor-Level 1

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the palm down, bend wrist up to point fingers toward the ceiling. Apply gentle pressure to the palm of the hand with the left hand. Switch and repeat on the left.

Wrist Flexor-Level 2 & 3

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the palm up, elbow straight and apply pressure to the palm of the hand. If needing a greater stretch lightly grab the thumb as close to the palm as possible.

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Wrist Dip

Hold 20-30 seconds, 3 repetitions



Start with the right arm out in front of body with the thumb tucked into the palm. Make a fist with the thumb inside of closed fingers, tip wrist down toward the floor simulating pouring of a jug of milk. Switch to the left and repeat, or perform together.

Back Bend

Perform 5 repetitions



Place hands on hips, slightly lean back while keeping the knees straight. Return to starting position. Do Not Hold.

Standing Hamstring

Hold 20-30 seconds, 3 repetitions



Start with the right leg, place heel on the floor with toes pointing up, gradually hinge from the hips with the back straight trying to put the stomach on the thigh. Stretch will be felt in the back of the leg.