

# Transportation Department – English pocket cards

## Neck Glide

Perform 5 repetitions



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

## Armpit

Hold 20-30 seconds, 3 repetitions



Start with the head/neck relaxed, turn head to the right, half turn. Bring chin down to chest in line with the arm pit, reach same arm up to apply light pressure downward. If needing a greater stretch, place the opposite arm behind your back.

## Lower Leg



Hold onto a chair or place hands on a wall for balance, start with the right leg, stepping back, keep heel of back leg on the ground and knee straight. Lean forward until a stretch is felt in the lower leg.

## 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.

## Hip Opener

Hold 20-30 seconds, 3 repetitions



In a standing and holding on to a stable surface, or sitting in a chair. Start with the right leg, cross the right leg over the left to put the right ankle to the left knee. Try to keep the back straight while slightly pressing down on the right knee. For a greater stretch while standing, try to begin bending the left knee.

## Hip Dip

Perform 5 repetitions



Find a solid, stable wall. Starting on the right side of the body next to the wall, place the right arm on the wall and cross the right leg behind the left. Keeping the right foot planted on the ground, dip the hips toward the wall in a smooth motion. Do Not Hold.

## Knee

Hold 20-30 seconds, 3 repetitions



Begin with feet less than shoulder width apart or together, hold onto a chair, desk or nearby wall, starting with the right leg, bring the foot back and grab the ankle with the same hand. Pull up trying to bring heel to buttock.

## 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.

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## 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.

## 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.

## 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.

## Back Bend

Perform 5 repetitions



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