**Stretching**









Some rules and advice:

1. Never stretch into sharp or burning pain.
2. There should be a tight feeling at the end of the stretch.
3. Ease into the stretches gently and take the stretch a bit further each time.
4. Don’t bounce, ease into the movement
5. Hold each stretch for a least 10 seconds.
6. Do the stretches that feel good and suitable for you.