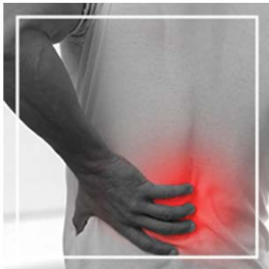


At Home Stretches



While we have been at home, not being able to go to the gym and our daily routine has changed, here are some at-home stretches that keep your body limber and deal with specific aches and pains you may currently have.



Back: Place a foam roller on the ground while slowly and gently rolling your upper and middle back on top of it. This allows your muscles and connective tissue to stretch into a more upright posture.



Neck and Shoulders: Place a ball on the ground under your shoulders or neck. Then, slowly stretch your neck and arms. You should be able to feel the muscles and fascia stretch where you feel the ball.



Hip Flexors: Lay down on your stomach in the push-up position, leaving your hips on the ground. With your arms, gently lift your shoulders and chest off the ground.



IT Band: Place a fascial release tool such as a foam roller or ball on the floor and place it under the side of your leg. Roll the tool from your hip to the side of your knee. Then switch to the other side.