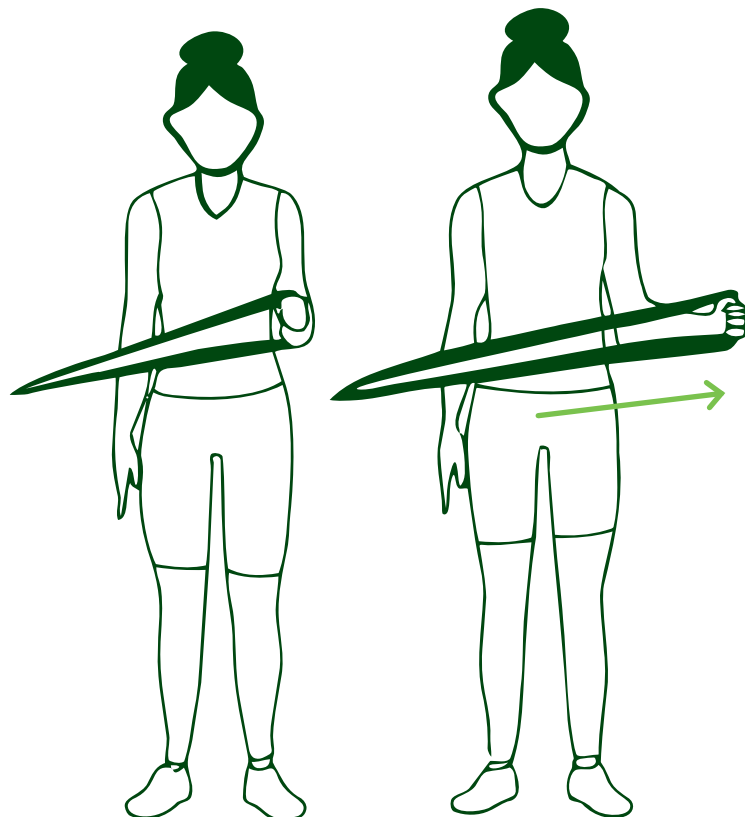


STRETCHING FOR SONOGRAPHERS

▼ ACTIVATED BANDED EXTERNAL SHOULDER ROTATION

Stand sideways to the anchored TheraBand, Keep your elbow bent at 90 degrees and tucked by your side. Rotate your wrist outward for external rotation, then return slowly. Repeat 10 times.



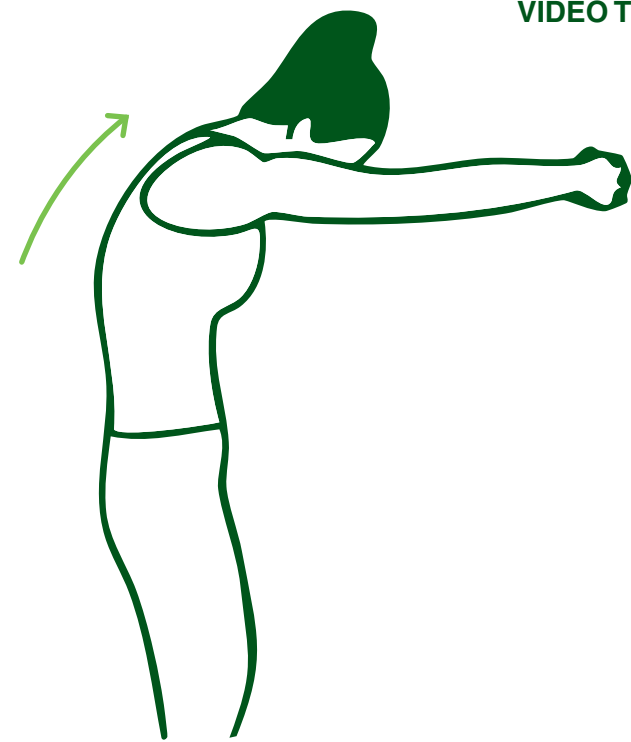
◀ ACTIVATED ARM PRESS

Stand next to a wall with your arm straight by your side. Press the back of your hand gently against the wall to open up the shoulder. Hold the stretch for about 10 seconds.



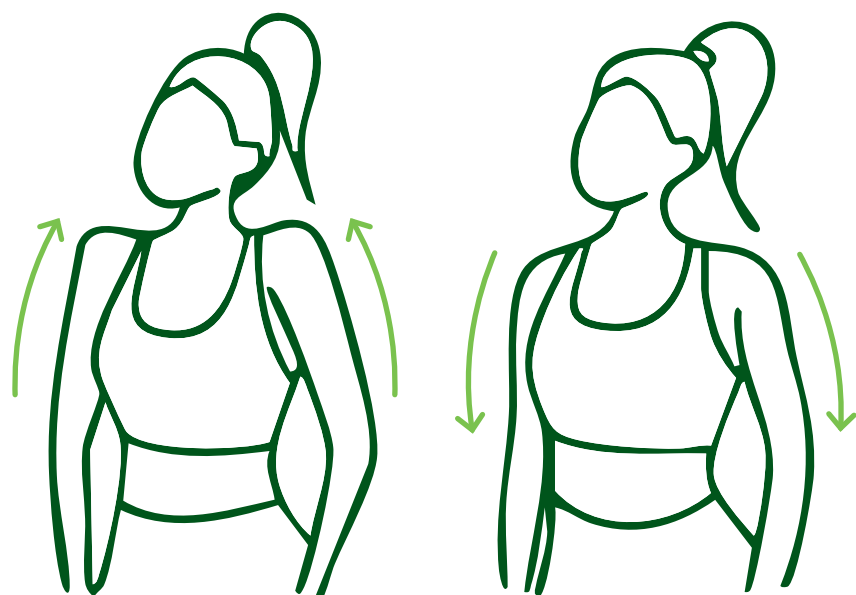
▼ UPPER BACK STRETCHES

Extend arms in front of your body elbows straight and link hands. Gently bend the upper body forward slightly and pull the hands away from the body to feel a stretch down the upper back.



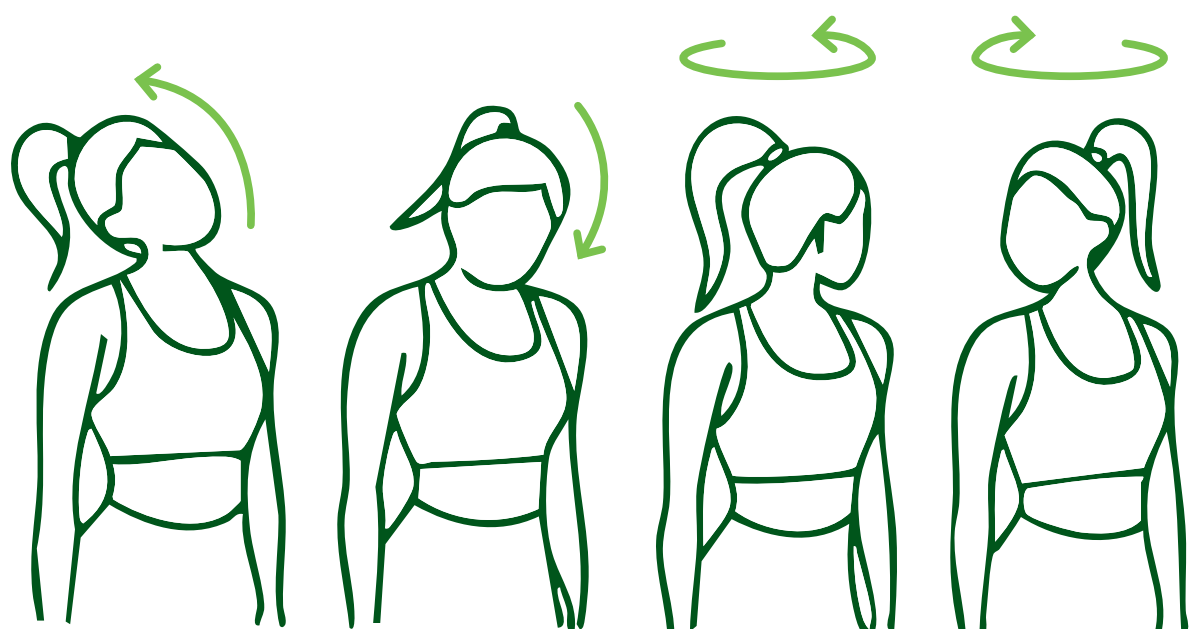
▼ SHOULDER SHRUGS

Rotate shoulders backward in a circular motion, repeating 10 times. Repeat this action rolling the shoulders forward. Next, shrug shoulders upward, hold briefly, and release to relax tension.

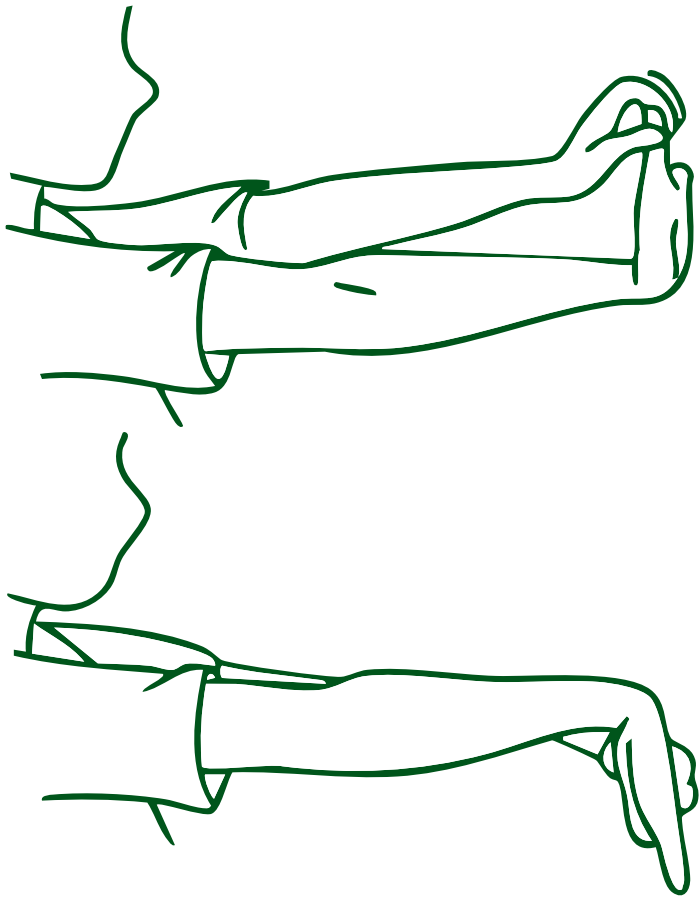


▶ NECK STRETCHES

Gently tilt your head toward each shoulder, holding for 10 seconds on each side. Then rotate your head to the side to look over each shoulder, hold for 10 seconds. Finally, rotate to one side and tilt downward as if looking under your armpit, hold for 10 seconds.



STRETCHING FOR SONOGRAPHERS



◀ FOREARM AND WRIST STRETCHES

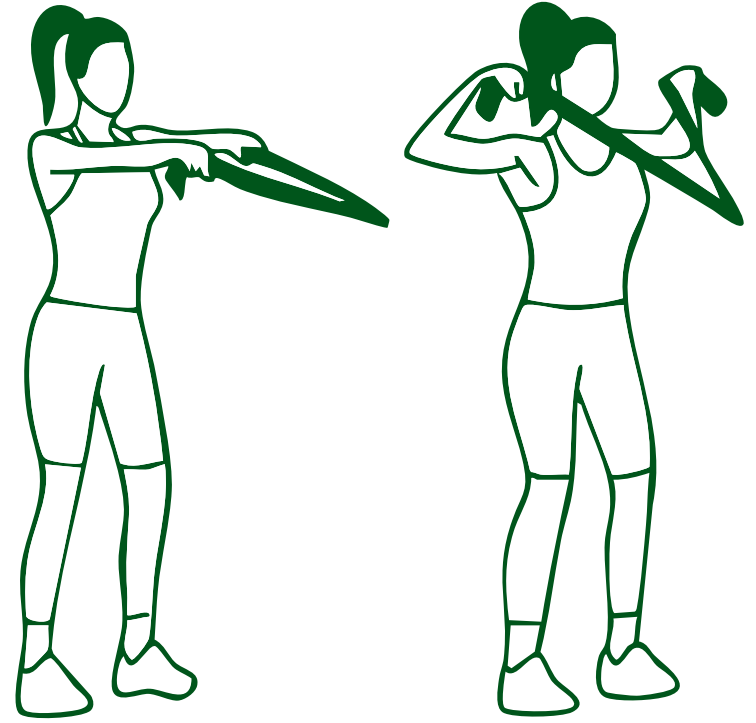
Extend one arm forward with the palm facing up. Gently pull your fingers back toward your body and hold for 20 seconds. Then turn the palm down and repeat, holding for 20 seconds

SCAN FOR VIDEO TUTORIAL



▶ ACTIVATED BANDED FACE PULLS

Wrap the TheraBand around a pole or anchor point and hold the two ends with your hands, arms extended in front at shoulder height. Gently pull the band apart to activate shoulder and upper back muscles. Return slowly and repeat 10 times.



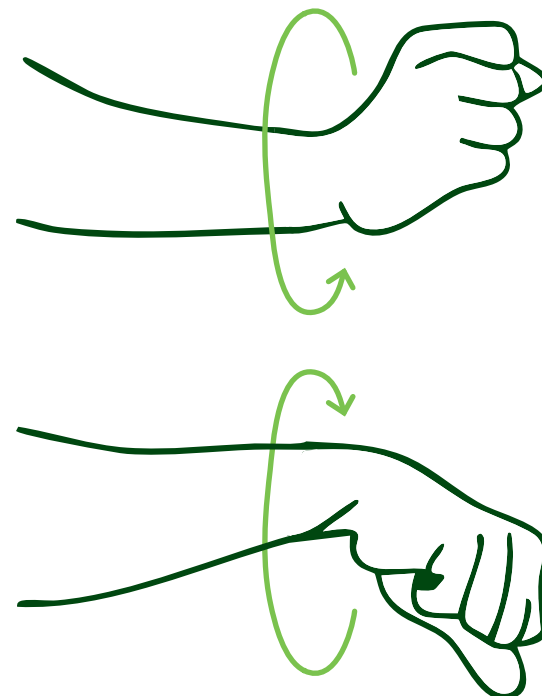
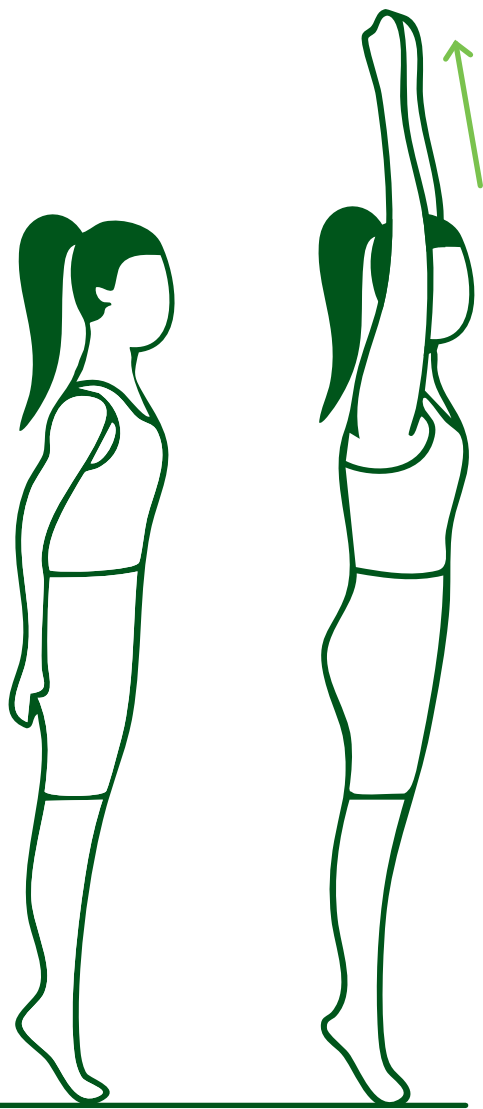
SCAN FOR VIDEO TUTORIAL



▶ OVERHEAD STRETCH

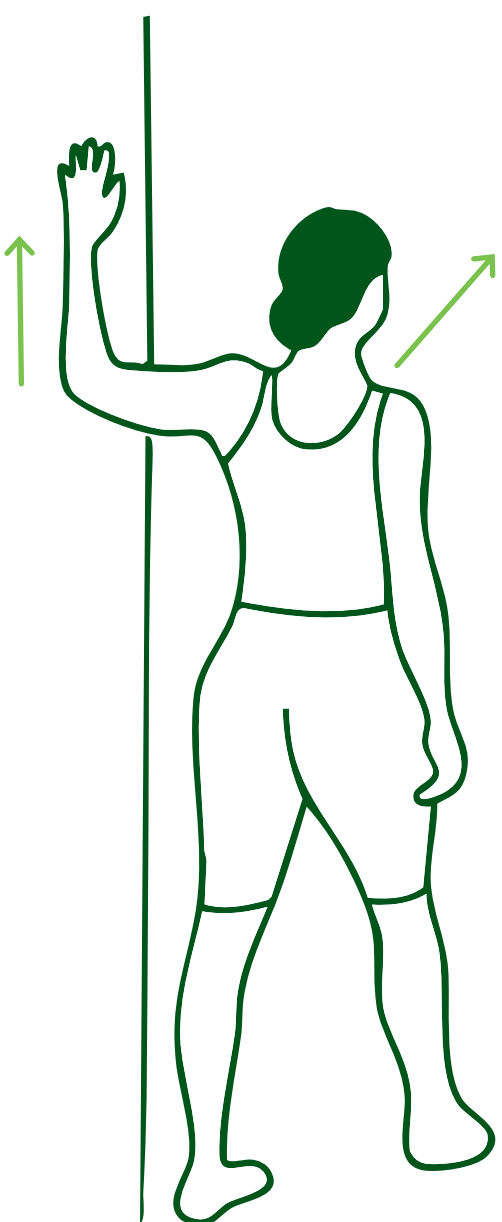
Stand tall, rise onto your tippy toes, and reach both arms toward the sky. Inhale deeply, exhale slowly, and hold this full body stretch for 20 seconds.

SCAN FOR VIDEO TUTORIAL



◀ WRIST CIRCLES

With hands in a loose fist, rotate your fist at the wrist clockwise and the counter clockwise. Repeat 10 times



◀ ACTIVATED SHOULDER PRESS

Stand beside a wall with your arm bent at a 90-degree angle. Place your forearm against the wall and gently press forward to stretch your shoulder and chest. Hold for 10 seconds

SCAN FOR VIDEO TUTORIAL



SCAN FOR VIDEO TUTORIAL

▲ ACTIVATED BANDED LAT PULL

Wrap the TheraBand around a pole or anchor point and hold the two ends with your hands, arms extended in front at shoulder height. Gently pull the band apart to activate shoulder and upper back muscles. Return slowly and repeat 10 times.