



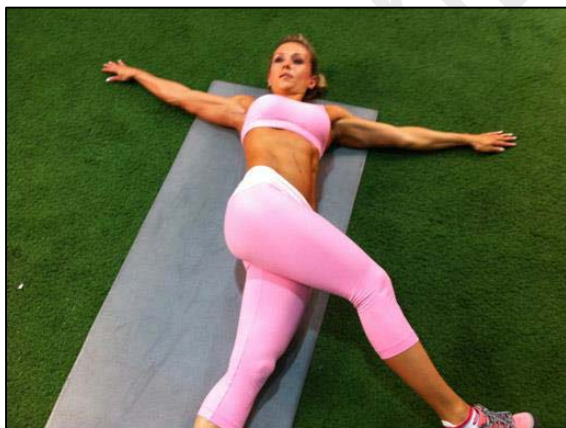
Robyn Dey RMT
Massage Therapy

Obliques Standing Stretch

Stand with your feet shoulder width apart. Lift one arm up above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk. Avoid compressing the side toward which you're bending, while lengthening your spine as much as possible. Lean back slightly.



Obliques Supine Stretch



Lie on your back with your arms out in a “T” position, your feet flat on the floor, and your knees together. Let both knees fall to one side in a slow controlled movement, letting the weight of your legs help you get to end range—even if your opposite shoulder comes off the floor. Pause briefly at the bottom. Then take your legs to the opposite side in a controlled manner. Can extend knee of the top leg for more stretch