

## LATERAL STRETCHING EXERCISES

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	<p>Sitting on the floor with your legs crossed. Hands in your neck.</p> <p>Bend your chest to one side, trying to touch your knee with your elbow.</p>
	<p>Sitting on the floor with your legs wide open. Hands in the neck.</p> <p>Bend your chest to one side trying to touch the floor with your elbow.</p>
	<p>Sitting on the floor with your legs wide open. Put your hands behind your hips sitting the palms of the hands against the floor.</p> <p>Lift one arm and bend your body to the other side.</p>
	<p>Standing up with your legs slightly opened. Lift your arms above your head and put your hands together.</p> <p>Push your hands to one side bending your chest.</p>