

THE STRETCHING Reference Guide



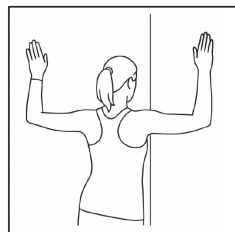
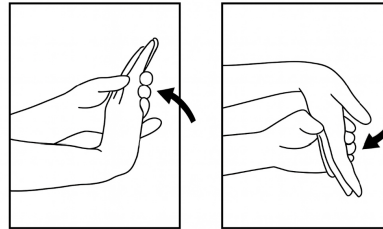
Grooming is a career that requires strength, endurance, and balance. But over time, it can take a toll on your body. Take opportunities throughout the day to stretch. These exercises help reduce strain, ease muscle tension, and reduce stress.

Your body is your most important tool - treat it with care!

WRIST FLEXOR STRETCH #1

WHY: Reduces tension from shears and brushing. Helps prevent carpal tunnel and forearm fatigue.

HOW: Extend one arm forward, palm up. With the other hand, gently pull your fingers down and back until you feel a stretch along your inner forearm. Hold for 15-30 seconds. Switch sides.



PECTORALIS (CHEST) CORNER STRETCH #2

WHY: Opens tight chest muscles, reverses shoulder hunch, improves posture.

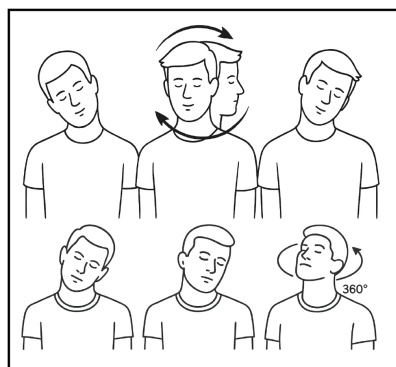
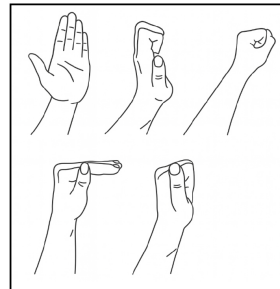
HOW: Stand in a doorway or corner. Place one forearm on the wall with your elbow at shoulder height. Step forward gently to feel a stretch across the front of your shoulder and chest. Hold for 20-30 seconds. Switch sides.

TENDON GLIDES #3

WHY: Supports hand recovery, reduces swelling, and improves flexibility in the fingers and tendons.

HOW: Start with fingers extended. Glide them through each of these 5 positions:

1. Straight hand
2. Hook fist (top knuckles bend)
3. Full fist
4. Straight fist (fingers flat to palm)
5. Return to open hand
6. Perform slowly and repeat 5-10 reps per hand.



NECK & SHOULDER RESET #4

WHY: Relieves upper back tightness from lifting and scissoring.

HOW: Tilt your head to one side (ear to shoulder), hold for 15 seconds. Then roll shoulders backward in slow circles 10 times. Repeat the head tilt on the other side.

STANDING FORWARD FOLD #5

WHY: Relieves lower back and hamstring tension from standing all day.

HOW: Stand tall, feet hip-width apart. Slowly fold forward from the hips. Let arms hang or rest on a table. Slight bend in the knees is okay. Hold for 20-30 seconds. Roll up slowly.

