

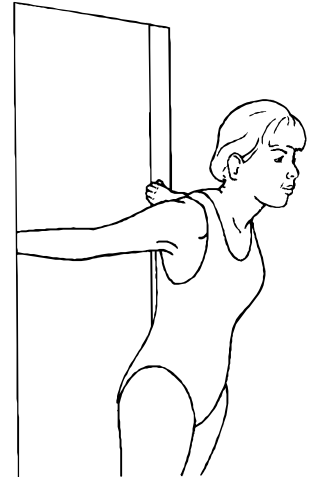


These are some simple stretches chosen to help relieve traveling tightness while in a standing position, and relatively modest enough to do in a public place like an airport.

Going for a walk after a long trip is also a great way to get your circulation going again and to provide an active stretch for your muscles.

CHEST - 3 Pectorals

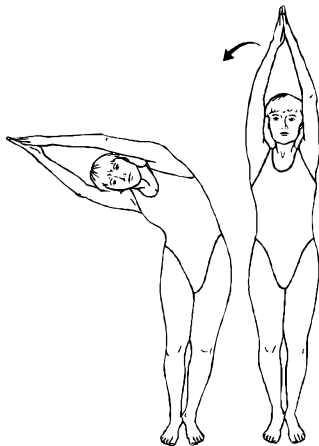
Holding onto door frame with arms at shoulder level, lean forward until stretch is felt. Hold 30-90 seconds.



Repeat as needed

HIP OBLIQUE - 1 Abductors

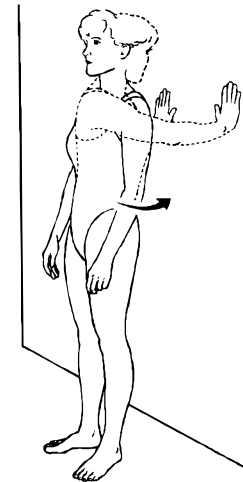
From starting position, bend the body to the side as far as possible until stretch is felt. Hold 30-90 seconds. Repeat to other side.



Repeat as needed

UPPER BACK - 4 Rotators

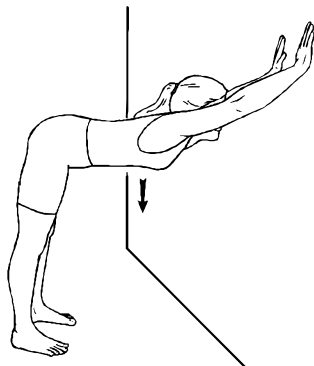
With feet shoulder-width apart and 12 - 24 inches from wall, turn upper body and try to place hands on wall at shoulder height. Hold 30-90 seconds. Repeat to other side.



Repeat as needed

SHOULDERS - 6 Extensors

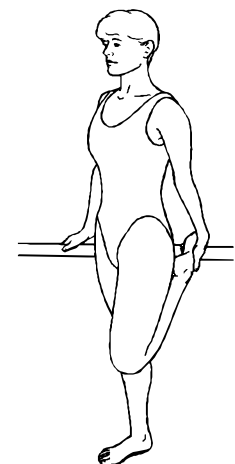
With hands on wall or rail and feet shoulder-width apart, move chest toward floor. Hold 30-90 seconds. Stretch can also be felt in hamstrings.



Repeat as needed

UPPER LEG - 2 Quadriceps

Pull heel toward buttocks until stretch is felt in front of thigh. Hold 30-90 seconds. Repeat with other heel.



Repeat as needed