

Motherhealth
Loving caregivers
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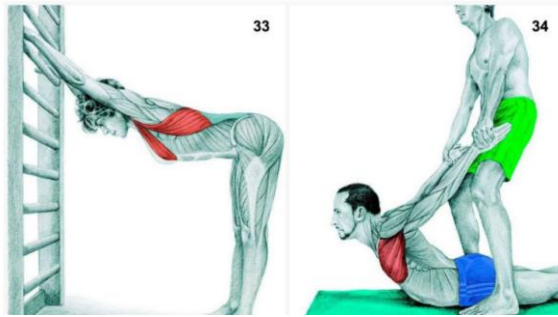
www.clubalthea.com

We supply trained caregivers to match the needs of your love ones with Alzheimer's, Parkinsons and other health issues.

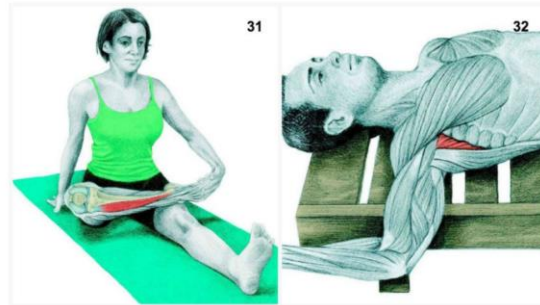


Ask for free bags for referring a client in the bay area. And free health coaching too.

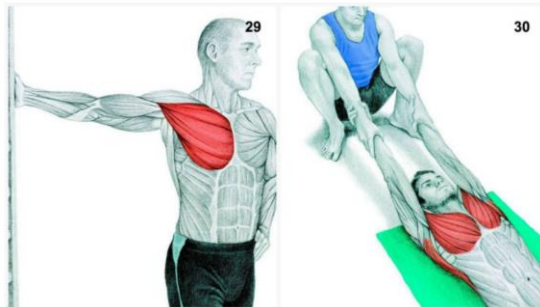
32. **Supine Shoulder External Rotation Stretch:** This will stretch your subscapularis. Lie flat on your back and bring your arm straight out to the side with your elbow at a 90-degree angle. Slowly bring the back of your hand to the floor.



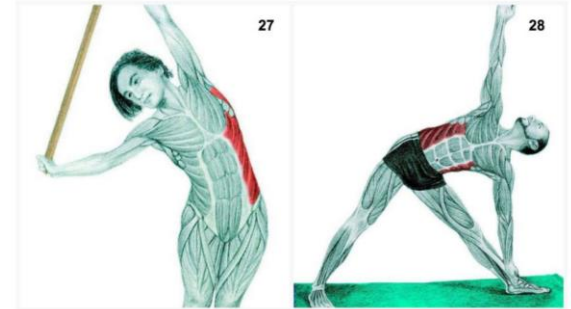
30. **Assisted Chest Stretch:** To stretch your chest and latissimus dorsi, lie on the floor with your palms facing up. Your partner will sit into a deep squat while helping you stretch.



28. **Triangle Pose:** This will work your external obliques. Start with a wide stance, your front foot straight ahead and your back foot at 90 degrees. Place your hand on your front leg or the floor as you sit back into your front hip, keeping your back straight.

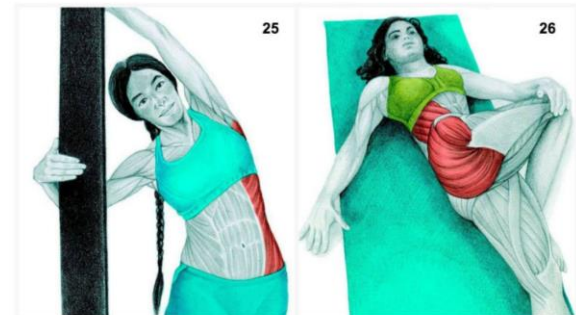


26. **Supine Twist:** This will stretch your glutes and external obliques. Lie flat on your back and bring one leg across your body. Slowly rotate your upper body in the opposite direction.



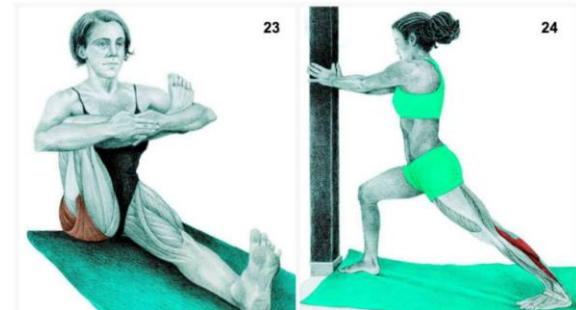
27. **Lateral Flexion With A Dowel:** To stretch your external obliques and latissimus dorsi, keep your spine long and push your hips to the side while keeping your shoulder rotated.

24. **Standing Calf Stretch At The Wall:** This stretch works your soleus and gastrocnemius. Start out in a lunge position with your back foot slightly turned out. Bring your back heel to the ground to stretch your calf muscles.

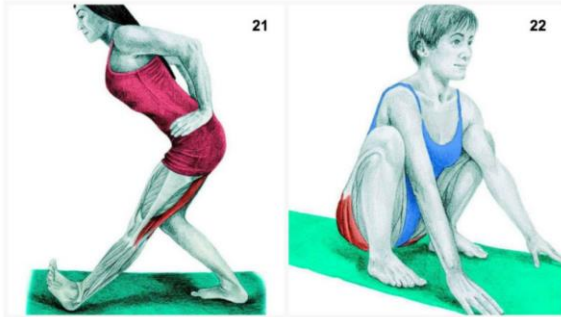


25. **Lateral Flexion At The Wall:** To stretch your external obliques, keep your spine long and slowly push your hips to the side.

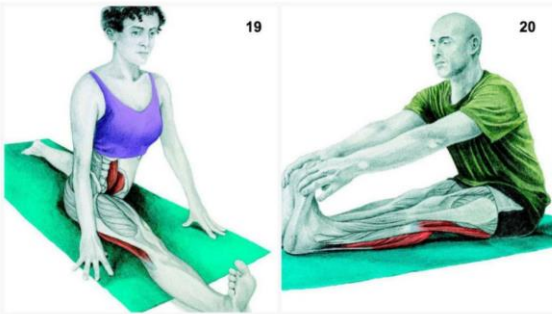
22. **Deep Squat:** To work your glute muscles, stand with your feet shoulder-width apart and slowly lower yourself into a deep squat. Once in position, bring your arms inside your legs and lightly apply pressure to the inside of your knees.



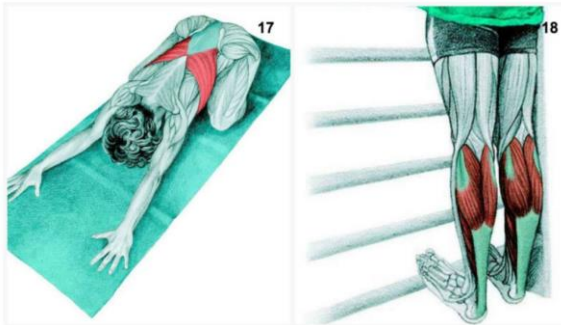
20. Seated Forward Fold / Seated Toe Touch: To stretch the hamstrings and calves, sit and bend the knees as needed.



18. Standing Calf Stretch: To work the soleus and gastrocnemius, perform this stretch on the edge of a stair step. Lightly rotate your ankles to stretch the calf muscles actively.



16. Lat Stretch At The Wall: Also for the latissimus dorsi, place both hands on the corner of a wall or post. Keep your spine long while slowly pushing your hips out to the side. Avoid this stretch if you have lower back problems.



14. Standing Assisted Neck Flexion Stretch: This stretch will work your Trapezius muscle. Start by standing with your feet together. Keep your spine long, slowly sit your hips back and round your upper back while tucking your chin into your chest.

