Stretching exercises improve range of motion and physical function, hence are critical in countering the loss of motion with ageing. Stretching should be performed up to just before discomfort sets in within the range of motion, and not any further. This will be perceived as the point of mild tightness of the muscle, without discomfort. In this section, we will introduce you to exercises that help stretch key muscle groups.

1. **Neck Stretch, Up and Down**

2. **Head Turn, Left and Right**

3. **Neck Stretch, Diagonal**

4. **Shoulder Shrug**

5. **Upper Back and Chest Stretch**

6. **Side Trunk Stretch**

7. **Back Thigh Stretch**
Dose:
- Minimum 1 to 3 times for each exercise
- Each stretch should last 15 to 60 seconds

Caution:
- Stretch slowly and smoothly without bouncing or jerking
- Breathe normally; do not hold your breath
- You should be in control of each movement and breathing

8. Front Thigh Stretch

9. Calf Stretch

10. Seated Outer Thigh Stretch

11. Seated Inner Thigh Stretch