

# OR-Stretch - Standing



Stand tall.  
Inhale/ exhale.



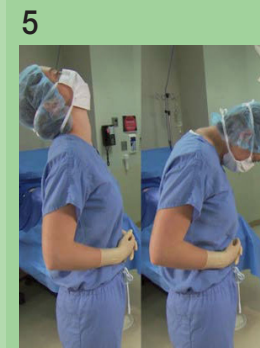
Shrug shoulders,  
then back and down.



Push hands away following  
with shoulders. Pinch blades  
together as hands return.



Flip hands and  
repeat push  
away.



Face ceiling; inhale  
and exhale. Tuck  
chin to chest;  
inhale and exhale.



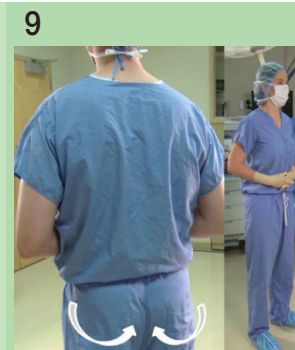
Right foot forward; turn head  
right. Follow with shoulders;  
side bend left.



Left foot forward; turn head  
left. Follow with shoulders;  
side bend right.



Clench gluteal muscles.  
Arch low back.



Clench gluteal  
muscles.  
Abdominal crunch.



Inhale/exhale.

## OR-Stretch information

OR-Stretch web-app can be found at: [ORStretch.mayoclinic.org](https://ORStretch.mayoclinic.org)

Log in using the surgeon's email, no password needed

More detailed (and slower) instructions for the stretches can be found at: <https://youtu.be/Ja05TtNgpLg>