











OR-Stretch - Standing

<p>1</p>  <p>Stand tall. Inhale/ exhale.</p>	<p>2</p>  <p>Shrug shoulders, then back and down.</p>	<p>3</p>  <p>Push hands away following with shoulders. Pinch blades together as hands return.</p>	<p>4</p>  <p>Flip hands and repeat push away.</p>	<p>5</p>  <p>Face ceiling; inhale and exhale. Tuck chin to chest; inhale and exhale.</p>
<p>6</p>  <p>Right foot forward; turn head right. Follow with shoulders; side bend left.</p>	<p>7</p>  <p>Left foot forward; turn head left. Follow with shoulders; side bend right.</p>	<p>8</p>  <p>Clench gluteal muscles. Arch low back.</p>	<p>9</p>  <p>Clench gluteal muscles. Abdominal crunch.</p>	<p>10</p>  <p>Inhale/exhale.</p>

OR-Stretch information

OR-Stretch web-app can be found at: 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/Ja05TiNgpLg>