

Stretching Exercises

SHOULDER STRETCH

Place hands between shoulder blades. Place opposite hand on elbow. Pull elbow towards midline with help from opposite hand.



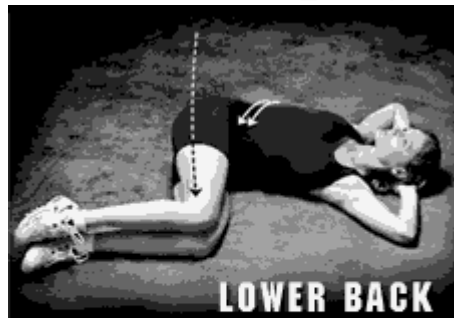
FRONT THIGH

Pull heel to buttock. Keep back straight, knees together and in line.



SHOULDER CHEST

Stand with head up, chin in, hands clasped behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull the stomach in to prevent arching of the lower back.



LOWER BACK

Lie with hands behind head, arms flat. Bend hips and knees to 90°, feet together. Roll knees over to ground. Upper knee should be directly above lower knee.

Stand with feet comfortably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.

TRUNK SIDE FLEXORS



LONG CALF MUSCLE

Place hands on wall, with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.



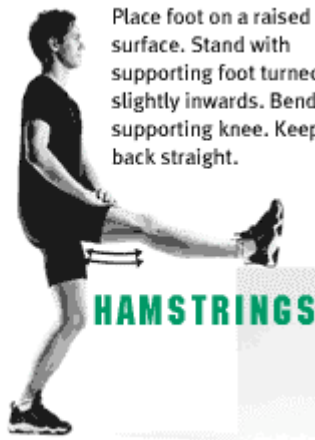
PECTORALS

Stand side-on to a wall or pole with closest leg forward. Place forearm on wall with shoulder slightly above 90°. Turn upper body away from wall or pole.



Place foot on a raised surface. Stand with supporting foot turned slightly inwards. Bend supporting knee. Keep back straight.

HAMSTRINGS



SHORT CALF MUSCLE

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep the heel flat. Bend rear knee forward over rear foot.



BUTTOCK

Gluteals - Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.



Piriformis - lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.

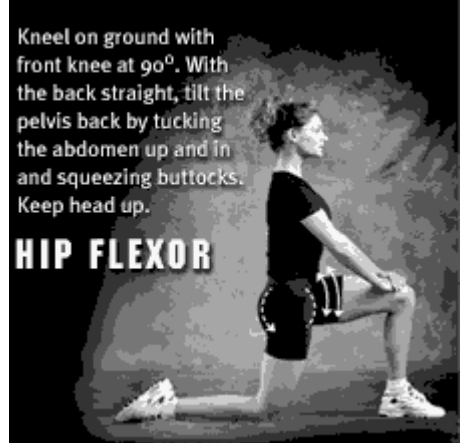
GROIN

Sit on floor with back straight. Grasp the ankles and draw them towards groin. Use the elbows to apply a gradual downward and outward pressure on the knees.



Kneel on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.

HIP FLEXOR



- > Movement to get stretch
- =====> Area being stretched

Hold each stretch for 30 seconds to develop flexibility and 10-15 seconds to maintain flexibility.