

Stretching Guide



Frequency: stretching can be performed everyday. We should always stretch after physical activity and even use it in our warm ups. You should always be slightly warmed up before stretching (i.e. light activity for 3-5 minutes).

Intensity: the more warmed up you are the more intense your stretch can be. Think of an elastic band, if it is warm it is very stretchy, if it is cold it might snap if stretched too far. Always begin stretches soft and progress from there.

Time: experts suggest that stretching is most effective if each stretch is held for longer than 1 minute. However, some is always better than none. If you do not have the time or motivation for that long then 20 - 30 seconds can suffice.

Type: stretches can involve movement where you may gently bob up and down into the stretch. You may even swing the limbs to achieve an increased range of motion. These types of stretches are called dynamic. Stretches can also be static (i.e. No movement). It is recommended that before activity you practice dynamic stretching, and after activity you perform static stretching.

Neck Stretches



Make your best double chin, and look down. Neck retraction + neck flexion. You should feel this on the back of your neck.

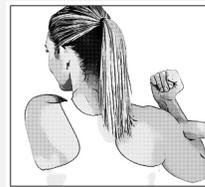


Tilt one side of your neck to your shoulder. You may assist with your opposite hand. You should feel this from your earlobe to shoulder. Both sides.

Shoulder Stretches

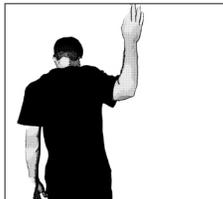


The closer your hands are the harder it is. Lift your chest up, squeeze shoulder blades back. You should feel this on the front of your shoulder.



Crossing one arm over your chest, pull it in close with the opposite arm. Push your shoulder blades out for increased stretch over the rear shoulder. Both sides.

Chest Stretches



Placing one hand flat against a door lean into the stretch, allowing your chest to push forward of your arm. You should feel this across the chest. Both sides.



Try to grab the back rest of your chair. Sit tall, lift your chest high and squeeze your shoulder blades together. You should feel this across the front of your chest.

Back Stretches



Sit on heels, place your palms on the ground in front of you. Extend your finger tips as far forward as possible. Push your upper back out.



Reach one hand behind your back, use the other hand to pull your elbow closer to your head - you can lean into it as well. You should feel this down your side. Both sides.

Stretching Guide



Upper / Mid / Lower Back



In a quadruped position, keeping your palms on the ground push your back up towards the ceiling. Tuck your bum under yourself.



In a quadruped position arch your lower back and try to look up to the ceiling, pushing your belly button to the floor.

Spinal Rotation Stretches



Lying on the ground facing up, allow both knees to fall over to one side. Try to keep your shoulder blades on the ground. Both sides.

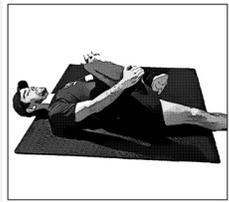


In a quadruped position place one hand on the small of your back and try to look up towards the ceiling without losing your original position. Both sides.

Hip Stretches



In a lunge position with your knee resting on the ground lean forward as you try to push your hip into the ground. You should feel this in your hip. Both sides



Lying on your back lift one leg up and pull your knee towards your chest, try to grab your ankle and pull it towards your chest as well. Both sides.

Upper Leg

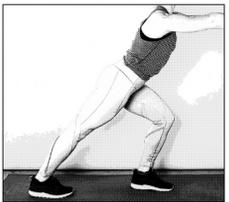


Lying on your stomach, grab one leg and pull it as close towards your bum as possible. You may attempt with both legs at the same time if you have the strength and flexibility.

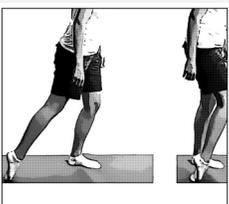


Standing tall place one leg in front of you and lean forward with a straight back. Try to keep an arch in your lower back. You should feel this behind your leg. Both sides.

Lower Leg

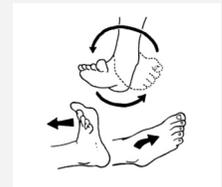


Leaning against a wall place one leg in front of the other, the back leg should be as straight as possible. You should feel this in the back of your leg.



Place the top side of your foot on the floor and gently push down. Depending on how straight or bent your knee is will change where you feel this stretch.

Ankle / Sole of Foot



Roll your ankle in all possible directions, clockwise and counterclockwise. Pull the sole of the foot inwards, and outwards. Both sides.



Roll the sole of your foot with a tennis ball. This may alleviate tension in the sole of the foot. Both sides.