



Stretching Exercises



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Exercise Therapy

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1. Hamstring Stretch (back of thigh)



Lie on the floor and place the elastic over your right foot, start with the other leg bent with the floor flat on the floor. Extend the right leg in the air ensuring that the leg is straight and hold the ends of the elastic together. Ensure that your bottom stays on the floor. Relax the shoulders and try to keep your core engaged. Keeping the leg straight gently pull the leg towards you to feel the stretch at the back of the thigh, you may also feel this behind the knee.

Hold for 30 seconds and then pull a little closer if you can hold for 20 seconds and then relax and perform on the other leg.

2. Calf Stretch (You can perform this after the Hamstring stretch above before changing to the other leg)



Lie on the floor and place the elastic over your right foot, start with the other leg bent with the floor flat on the floor. Extend the right leg in the air ensuring that the leg is straight and hold the ends of the elastic together. Ensure that your bottom stays on the floor. Relax the shoulders and try to keep your core engaged. Keeping the leg straight gently pull your toes towards your head and push your heel to the ceiling. Hold for 30 seconds and perform on the other side after your hamstring stretch.

3. Quad Stretch



Lie on your front with either a folded towel or the back of your right hand under your forehead. Bring your left foot towards your bottom and hold the foot with your left hand. Now gently push your hips into the floor to feel a stretch on the front of the left thigh. Hold for 30-45 seconds and repeat on the other leg. If you find this difficult try the next stretch instead.

4. Quad and Hip Flexor Stretch



In a kneeling position place your right foot forwards so that your ankle is under your knee. Grow tall through your spine and engage your core to help your balance. Gently tuck your tail bone under squeezing your left buttock. You should feel the stretch down the front of your left leg. Hold for 30 seconds and then repeat on the other side.

5. Upper Back Stretch



Start in box position with your hands under your shoulders and your knees under your hips. Tread your right hand under your left arm as far as you can with your palm up. Now imagine your hand is stuck to the floor and gently pull your bottom back towards your heels. Remember to breathe! Hold for 30 seconds and repeat on the other side.

6. Hip Flexor Stretch (This is a great stretch if you sit a lot of the day)



This stretch works best when using a soft Pilates ball.

Lie on the floor with your feet flat and your knees bent, lift your hips and place your Pilates ball under your coccyx. Draw one knee towards your chest and hold, ensure that your core is engaged and then lengthen the other leg away. Hold for 30-45 seconds and then pull the long leg back so that the foot is on the floor and switch sides.

7. Sciatic Release Stretch



Lie on the floor and place the elastic over your right foot, start with the other leg bent with the floor flat on the floor. Extend the right leg in the air ensuring that the leg is straight and hold the ends of the elastic together in your left hand and place the right hand to your side.

Lengthen out the left leg onto the floor and gently pull the right leg over your body to the left ensuring that your shoulders stay on the floor. Hold for 30 seconds and slowly roll back using your core muscles and repeat on the other side.