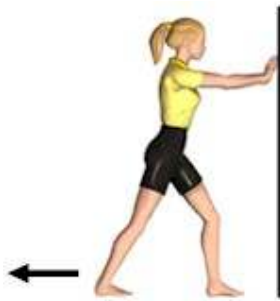


Stretching

GUIDELINES

- **Warm-up First** - with 5-10 minutes of aerobic exercise (walk, jog or bike) to increase blood flow to muscles and loosen them up.
- **Stretch to the Point of Tension** - NOT PAIN! Hold for 30 seconds. If it hurts, back off a little.
- **Don't Bounce** - Muscles have a reflex to protect against stretching too fast (bouncing) or too far. This may trigger the muscles to tighten instead of relax and is counterproductive.
- **To Loosen Tight Muscles** - Stretch daily especially after activity, while the muscles are still warm. Do 6-9 repetitions/stretches.

Calf Stretch



- Stand with your feet pointed forward.
- Keep your heels down and your back leg straight.
- Slowly bend the front of your leg until you feel an upper calf stretch in your back leg.

Hamstring Stretch



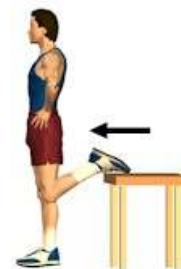
- Sit with one leg straight and the other leg bent to the side.
- Place your hands on the floor next to your hips.
- Slowly lean forward with your chest until you feel a stretch along the back of the thigh.

Heel Stretch



- Stand with your feet pointed forward.
- Keep your heels on the floor.
- Slowly bend your back leg until you feel the lower calf/heel stretch along that leg.

Quadriceps (front of thigh)



- Stand with your back straight and knee bent.
- Place a foot on a table or chair, keeping your thigh pointing straight down.
- Squeeze your buttocks together and shift your hips forward slightly until you feel a stretch along the front of the thigh.

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Cross-Over (outer hip)



- Lie on your back and cross one knee over your other leg.
- With the opposite hand, pull your knee up and over toward the opposite shoulder, until you feel an outer hip stretch.
- Keep your foot flat on the ground.

Lunge (front of hip)



- Kneel on one leg and place the opposite foot approximately two feet in front.
- Tighten your buttocks and slightly shift your hips forward until you feel a stretch in the hip or your back leg.

Figure Four
(outer hip)



- Lie on your back with one leg flexed up at the hip and bent 90° at the knee.
- Pull your knee and ankle together, up and over toward the opposite shoulder.
- Hold when you feel an outer hip stretch.

Cat
(mid back and low back)



- Kneel on your hands and knees.
- Slowly arch your back up toward the ceiling.
- Hold when you feel a stretch in the mid and lower back.

Glut



- Lie on your back with your legs straight.
- Pull one knee up toward the opposite shoulder until you feel a stretch along your outer hip.

Corner (chest)



- Stand in a corner with your arms out to the sides and elbows bent 90°.
- Rest your forearms on the walls.
- Slowly shift your weight forward over your legs until you feel your chest stretch.

Butterfly (inner thigh)



- Sit with your back straight and knees bent.
- Place the soles of your feet together.
- Drop your knees toward the floor until you feel a stretch along the inside of your thighs.
- **Do not bounce or lean forward.**

Overhead (mid back)



- Bend over at the waist and rest your arms on a table with your thumbs up.
- Slowly drop your head and body down below your shoulders.
- Hold when you feel a stretch behind your shoulders and back.

Side Bend



- Sit or stand with your back straight.
- Raise your arm and slowly bend your body over to the opposite side until you feel a stretch.

Abdominal



- Lie on your stomach.
- Slowly straighten your elbows until you feel a stretch along your stomach.

Tricep



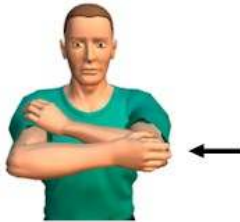
- Sit or stand up straight.
- Bend your elbow and reach back to your shoulder blade with your hand.
- Use your other hand to pull the elbow back until you feel a stretch along the back of your upper arm.

Forehand (forearm)



- Straighten your elbow forward.
- Grab the palm with your other hand.
- Pull your hand and fingers up until you feel a stretch on the front of the forearm.

Pull Across (shoulder)



- Stand or sit up straight.
- Raise one arm forward to shoulder level and bend your elbow.
- With the opposite hand, grab the elbow and pull it across your chest until you feel a stretch in the back of your shoulder.

Neck



- Sit tall and hold onto the edge of a chair with your hand.
- Slowly pull your head down to the side until you feel a stretch on the opposite side of your neck.

Shoulder Blade



- Raise one arm forward to shoulder level and bend your elbow.
- With the opposite hand, grab the elbow and pull it across your chest and rotate your upper body to the same side until you feel a stretch in the back of the shoulder.

Pit



- Sit tall and hold onto the edge of the chair with your hand.
- Slowly pull your head side to side and rotate your chin down until you feel a stretch in your neck.

Priming the Pump (rotator cuff)



- Lie on your side with you upper arm forward 90° and elbow bent.
- Grab your forearm with your opposite hand.
- Push your forearm down toward the table or floor until you feel a stretch in the back of your shoulder.

Biceps



- Sit tall with your legs straight.
- Place your palms on the floor by your hips with fingers pointed away from your body.
- Reach back with your arms until you feel a stretch along your front upper arms.
- **Keep your elbows straight but not locked.**
- Do not arch your back!

Recommended Stretching Routines

	BASKETBALL	CLIMBING	FLAG FOOTBALL	GOLF	RACQUET SPORTS	RUNNING	SOCCER	SOFTBALL	CRICKET	VOLLEYBALL	WEIGHTLIFTING
Calf	X	X	X	X	X	X	X	X	X	X	X
Hamstring	X	X	X	X	X	X	X	X	X	X	X
Heel	X	X	X	X	X	X	X	X	X	X	X
Quad	X	X	X	X	X	X	X	X	X	X	X
Cross-Over	X		X		X	X	X	X		X	X
Lunge	X	X	X	X	X	X	X	X	X	X	X
Figure Four	X	X	X		X	X	X	X		X	X
Cat	X			X	X				X	X	X
Glut	X	X			X	X	X		X	X	X
Corner	X	X	X		X			X	X	X	X
Butterfly	X	X	X		X	X	X	X		X	X
Overhead	X	X			X				X		X
Abdominal	X				X				X	X	X
Side Bend				X	X			X	X	X	
Trunk Rotation	X			X	X			X		X	
Backhand		X			X			X			X
Tricep		X		X	X			X	X		X
Forehand		X			X			X			X
Pull Across		X		X	X			X	X	X	X
Neck		X			X			X		X	X
Shoulder Blade			X		X			X	X	X	
Pit		X									
Priming the Pump		X		X	X			X	X	X	X
Bicep		X		X	X			X	X		X