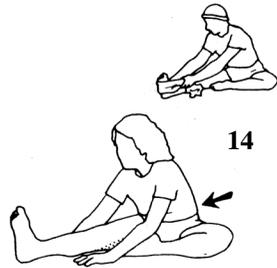


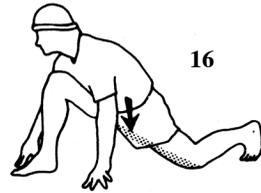
Everyday Stretches (cont'd)

Stretching should be done slowly without bouncing. A complete stretch consists of an EASY stretch which reduces tension and readies the tissues for the DEVELOPMENTAL stretch. Begin by stretching to where you feel a slight tension and hold for 15-30 seconds. The feeling of tension should diminish as you hold, if not ease off slightly. After holding the EASY stretch, move a fraction of an inch farther until you feel mild tension again and hold for 15-30 seconds. If the tension increases or becomes painful ease off a bit to a comfortable stretch. The developmental stretch reduces tension and will safely increase flexibility. The key to stretching is to be relaxed while you concentrate on the being stretched. Your breathing should be slow, deep and rhythmical.

Dotted areas are those areas of the body where you should feel the stretch.

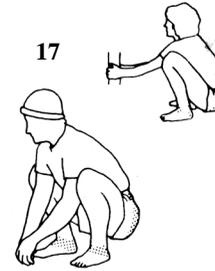


14. Straighten Rt leg with Lt sole against Rt thigh. Lean slightly forward from the hips to stretch Rt hamstrings. If necessary use a towel to help you stretch. Do not lock knee. Rt quads, ankle and toes should be relaxed. Hold for 50 sec.

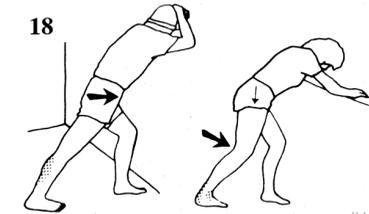


15. Repeat # 12-14 for the opposite

16. With back knee resting on floor and front knee directly over ankle lower hip downwards to stretch hip front, hamstring and groin. Don't change the position of knee or front foot. Hold easy 30 sec.

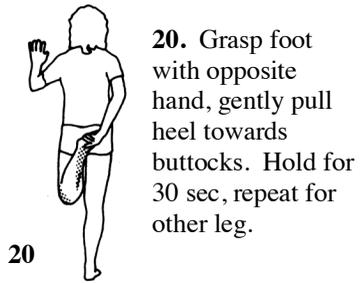


17. With feet shoulder width apart, heels on the ground and toes pointed out at 15° bend knees and squat. If you have trouble holding the position hold a support. Not recommended if there is a history of knee problems or pain is experienced.

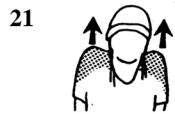


18. Lean against a wall on your forearms with your head resting on your hands. Bend 1 knee, with the back heel flat on the floor and your toes straight ahead slowly move your hips forward. Stretch both calves

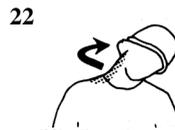
19. Keeping feet flat slightly bend back knee to stretch ankle area. Hold each stretch for 15-30 sec.



20. Grasp foot with opposite hand, gently pull heel towards buttocks. Hold for 30 sec, repeat for other leg.



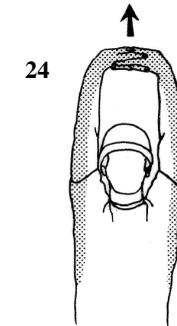
21. Raise shoulders towards ears until feel slight tension in neck and shoulders. Hold 5 sec., repeat 2-3 times.



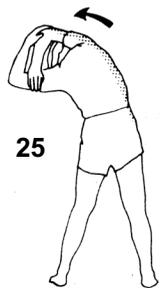
22. Very slowly roll head around in full circle keeping back vertical. Hold stretch a few sec. anytime you feel a tight place. Rotate head 8-10 times each direction.



23. Turn chin toward Lt shoulder to create a stretch on Rt side of neck. Hold stretch for 10-15 sec. Stretch each side twice



24. Interlace fingers above head with palms up. Push arms slightly back and up; hold stretch for 15 sec. Do not hold breathe.



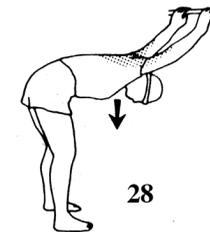
25. With arms overhead and knees slightly bent hold Rt elbow with Lt hand gently pull Rt elbow behind head as you bend to the Lt from the hip Hold 10 sec. Repeat stretch for other side.



26. Standing with knees slightly bent and palms on lower back fingers down create extension of lower back by gently pushing with palms. Hold comfortable pressure for 10-12 sec. Repeat twice.



27. Stand with hands about shoulder height on doorframe. Move upper body forward until you feel a comfortable stretch in arms and chest. Keep your chest and head up and knees slightly bent. Hold stretch 15 sec.



28. Rest your hands shoulder width apart and let your upper body drop as you keep your knees slightly bent. Slightly changing the knee bend or hand height will adjust the area affected. Bend your knees coming out of this stretch.

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