

Hamstrings Stretches

Biceps Femoris – Semitendinosus - Semimembranosus

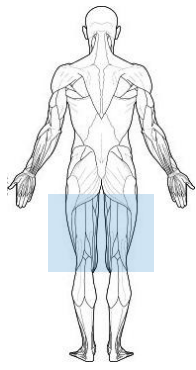
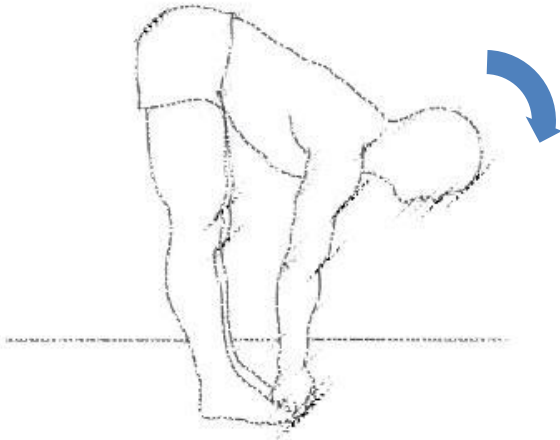


Figure 1



- Stand 12 inches from a wall with the back of your heels almost together.
- Keeping your stomach tucked in, bend forward at the hips, lowering your trunk toward your thighs, and touch your toes.
- Bend your knees or round your upper torso when re-turning to the upright position.
- Legs either slightly bent or straight.

- Lying on your back, wrap a folded towel around the instep of one foot, inhale, and extend the leg upwards.
- Exhale and pull the raised leg toward your face, keeping the leg straight.
- Repeat with opposite leg.

Figure 2

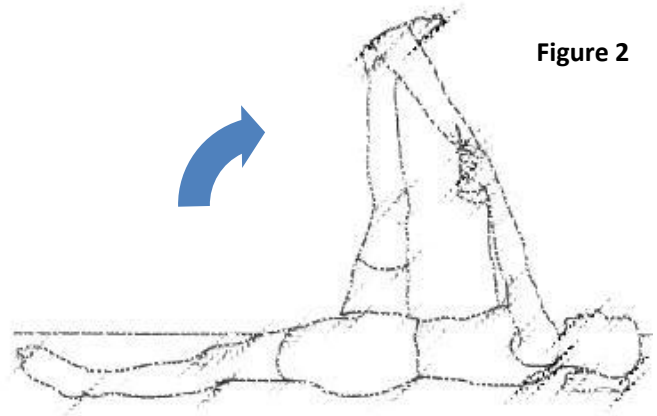
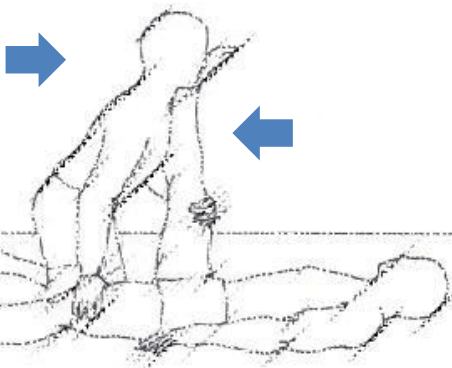


Figure 3



PIR Stretch

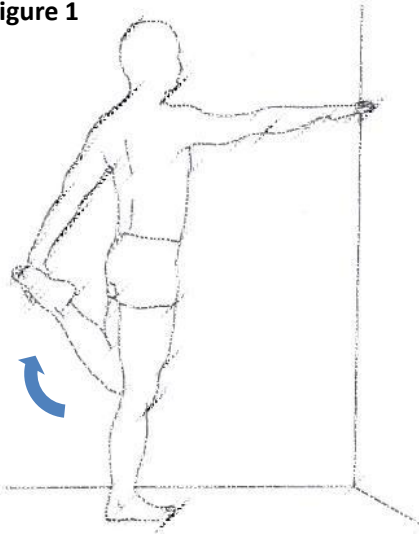
- Lying on your back.
- Therapist positions themselves comfortably, either kneeling or standing next to the client, supporting the leg to be stretched on the shoulder and on the knee.
- The client performs an isometric contraction of the hamstrings, using 20% of their strength, against resistance provided by the therapist.
- This is held for 8-12 seconds. The client relaxes & the therapist moves the leg to a new position of stretch.
- Repeat the process 2-3 times.
- Repeat with opposite leg.

Quadriceps Stretches

Sartorius - Adductor Longus - Rectus Femoris - Vastus Lateralis - Vastus Medialis



Figure 1



- Stand holding onto a wall for balance. Flex one knee and raise your heel to your buttocks.
- Slightly flex your supporting leg, exhale, and grasp your raised foot with one hand.
- Inhale and slowly pull your heel toward your buttocks without over compressing the knee.
- Tucking your stomach in, chest out and chin up, tongue touching the roof of your mouth.
- To maximize the stretch, make sure the medial sides of your legs touch each other and your pelvis rotates backward.

Figure 2

- Kneel one leg forward
- Grasp your rear foot and pull your heel toward your buttocks.
- Be careful to maintain parallel alignment of the hips, knees, and feet of both legs.
- For sturdy balance if needed use a chair.
- Keeping your stomach tucked in chest out and chin up.

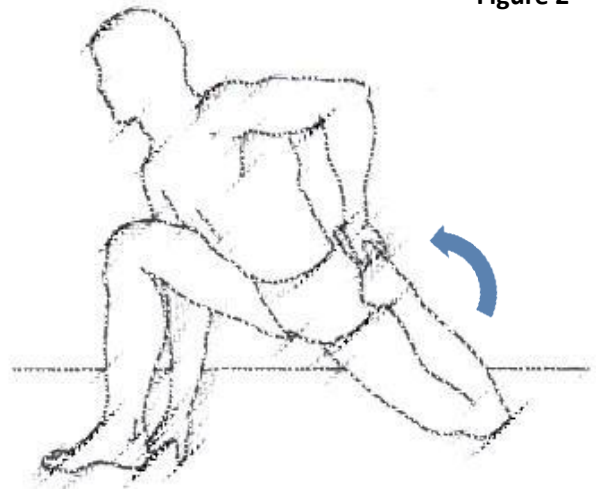
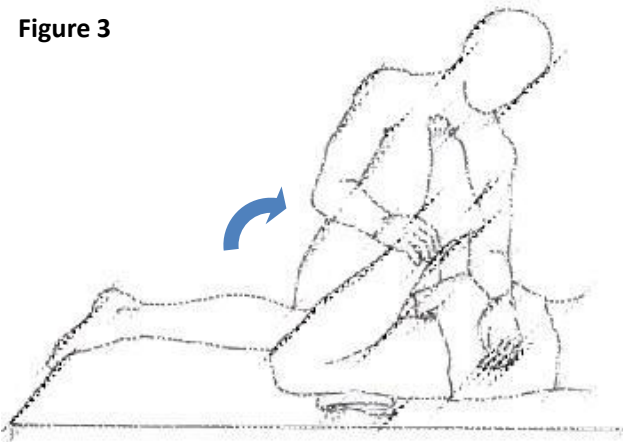
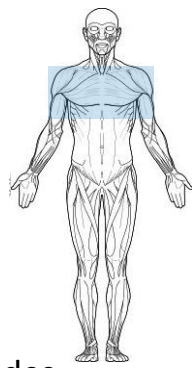


Figure 3



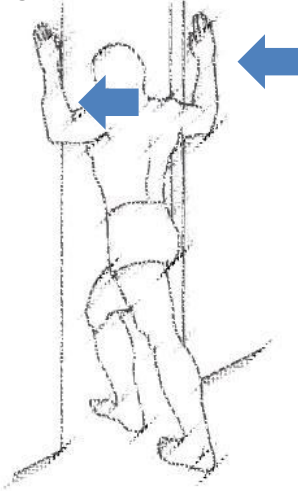
- Lie face down with one leg flexed toward your buttocks.
- Your partner anchors your buttocks or hips with one hand and grasps your ankle with the other.
- Exhale as your partner pushes your heel toward your buttocks without over compressing the knee.
- One could place a cushion or towel under the stretched leg to reduce discomfort.
- Repeat with opposite leg.

Chest Stretches



Sartorius - Adductor Longus - Rectus Femoris - Vastus Lateralis - Vastus Medialis

Figure 1



- Stand facing a corner or open doorway
- Raise your elbows to shoulder height at your sides, bend your elbows so that your forearms point straight up, and place your palms flat against the walls or door frame to stretch the sternal section of the pectoral muscles on both sides. This position will form the letter "T"
- Exhale and lean your entire body forward, keeping your stomach tucked in and back straight keeping on leg slight bend forward whilst the other pushes resistance.

PIR Stretch

- Sit on chair with both arms flexed and your hands interlocked behind your head
- Your partner or therapist grasps both elbows and pulls them backward toward each other stretching your chest out
- Now contract your chest with approx 20% of your strength, against resistance provided by the partner/therapist this is held for 8-12 seconds
- Now relax and the partner/therapist moves your elbow into a newer position of stretch
- Repeat the process 2-3 times

Figure 2

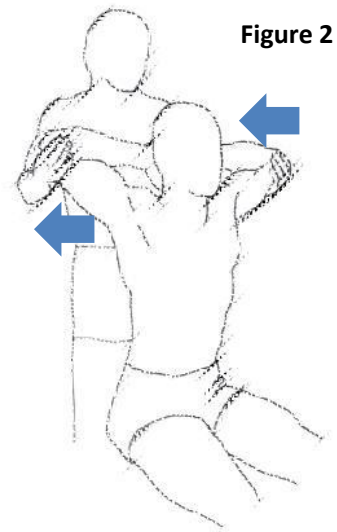
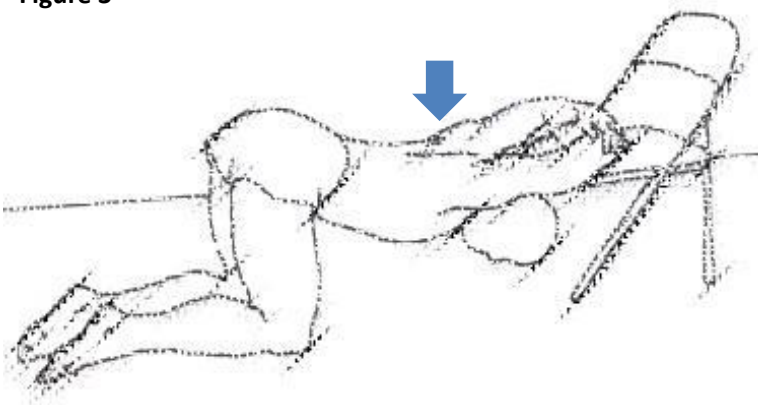
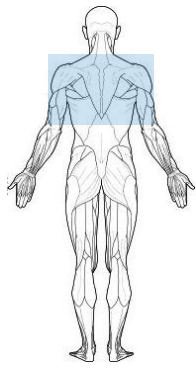


Figure 3



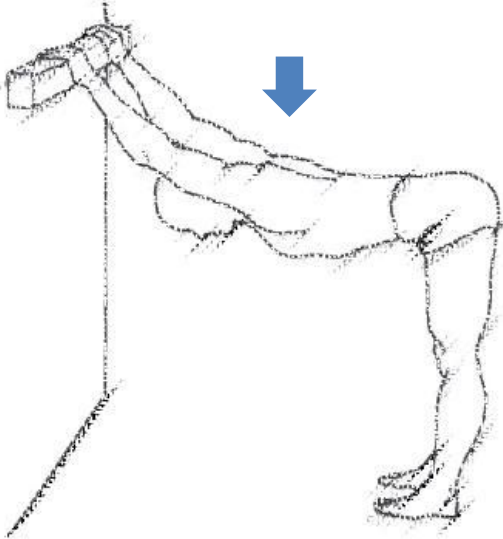
- Kneel on the floor facing a chair
- Interlock your forearms above your head and bend forward to rest them on top of the chair, with your head dropping beneath the surface. Exhale and let your head and chest sink to the floor
- Keeping your stomach tucked in and back in line

Upper Back Stretches



Trapezius – Infraspinatus – Teres Major – Latissimus Dorsi

Figure 1



- Stand with your feet together, about three feet from a supporting surface approximately hip to shoulder height, and your arms overhead.
- Keeping your arms and legs straight, flex at the hips, flatten your back, and grasp the supporting surface with both hands.
- Keeping your stomach tucked in and press down on the supporting surface to arch your back.

Figure 2

- Sit with knees spread, facing a wall an arm's length away
- Raise your arms with your elbows straight, leaning forward, and place your palms flat against the wall shoulder-width apart with your fingers pointing upwards
- Tuck stomach in, press against the wall open your chest, and arch your back
- Partner or therapist places his hands on the upper portion of your shoulder blades and gently pushes down and away from your head.

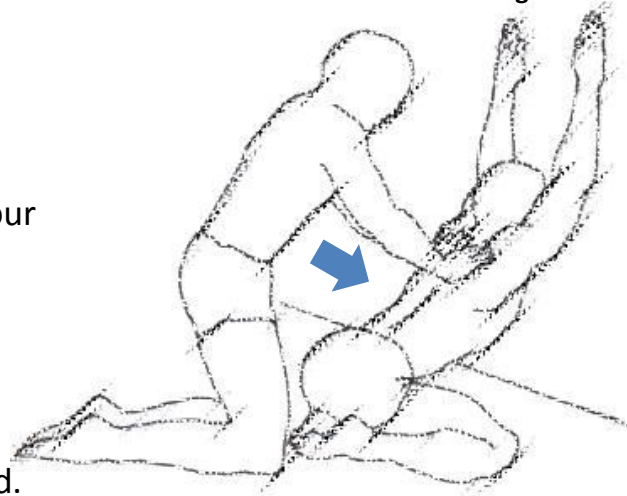
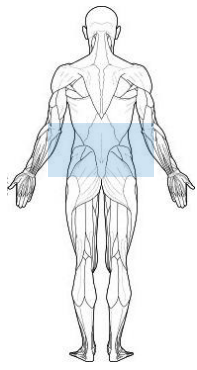


Figure 3

- Kneel down and extend arms forward touching the ground ahead of you.
- Lower your chest to the floor.
- Tuck stomach in and extend shoulders and press on the floor with your arms to arch your back



Lower Back Stretches



Latissimus Dorsi – Gluteus Maximus

Figure 1



- Lie on your back, flex your knees, and slide your feet towards your buttocks, keeping your arms relaxed beside you
- Your partner / therapist places one hand on the hamstrings and with the other grasps your heels
- Tuck stomach in as your partner/therapist brings your thighs closer to your chest, and slowly elevate your hips off the floor to get a good stretch on your lower back.
- Re-extend your legs slowly one at a time to prevent possible pain or spasm in the lower back

- Lie on your back, flex your knees, and slide your feet towards your buttocks
- Place both hands under your knees.
- Tuck stomach in as you bring your thighs closer to your chest and elevate your hips off the floor.
- Re-extend your legs slowly one at a time to prevent possible pain or spasm in the lower back

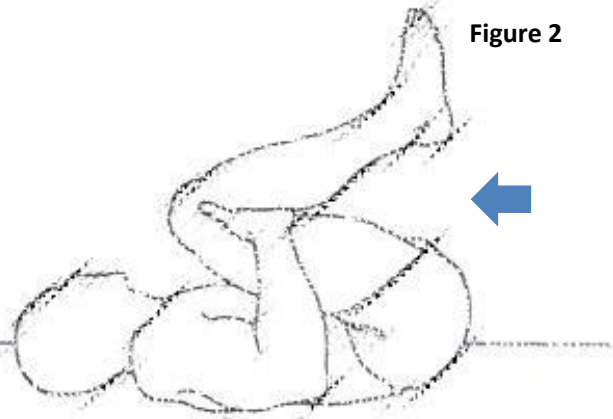
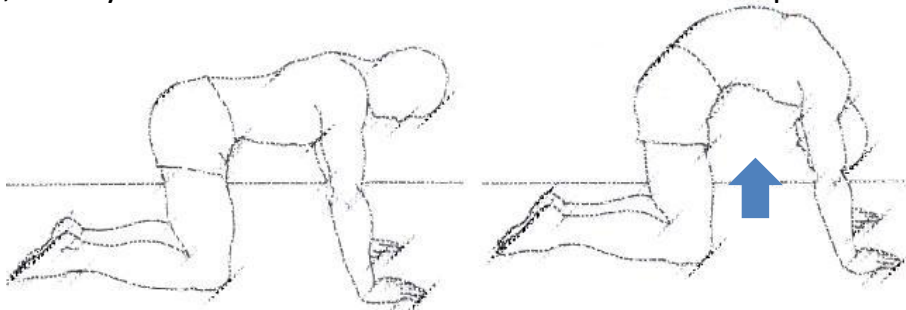


Figure 2

- Kneel on all four with toes pointing backwards and palms flat on the floor, insuring your arms are aligned to your shoulders.
- Tuck stomach in, contract your abdominals and round your back slowly.
- Exhale, relax your abdominals and return to the flat back position.

Figure 3



Calves Stretches

Semimembranosus – Gastrocnemius – Soleus – Achilles Tendon

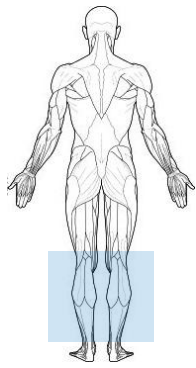
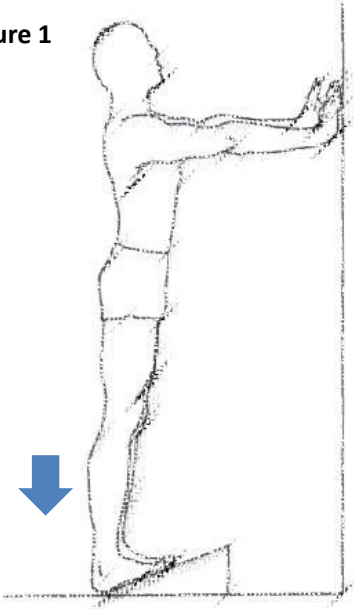


Figure 1



- With the high end of an incline board about an arm's length away from and facing a wall, stand on the board with your hands flat against the wall and lean forward and feel the stretch along your calves.
- Keeping your stomach tucked in back straight, chest out and chin up

- Lean forward against a wall with one leg bent forward and the other leg straight behind you
- Keep your rear foot flat on the floor and both feet pointing straight forward.
- Bend your arms, lean toward the wall, and shift your weight forward, flexing your knee forward towards the wall
- Keeping your stomach tucked in and back straight
- Repeat with opposite feet

Figure 2

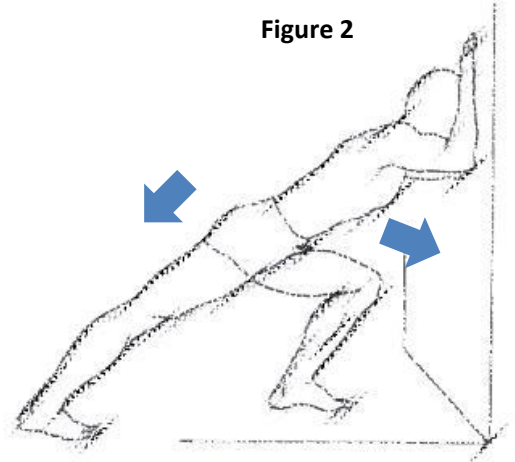
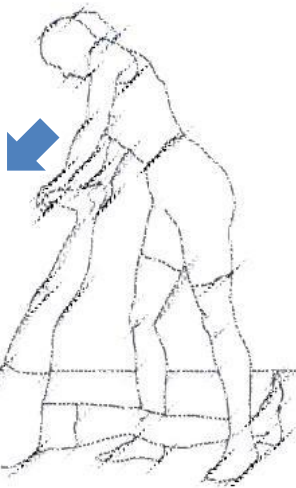


Figure 3



- Lie on your back with one leg raised whilst the other relaxed on the floor either bend or straight.
- Your partner/therapist straddles your lower leg, grasping the heel of your raised foot with one hand and curling the opposite hand over the toes and ball of the foot.
- Keeping your stomach tucked in, back on the floor and head whilst keeping feet straight and feeling the stretch on your calves
- Repeat with opposite foot

Neck Stretches

Sterocleidomastoid – Scalenes – Trapezius – Lavator Scapulae –
Platysma – Sub Occipital Group

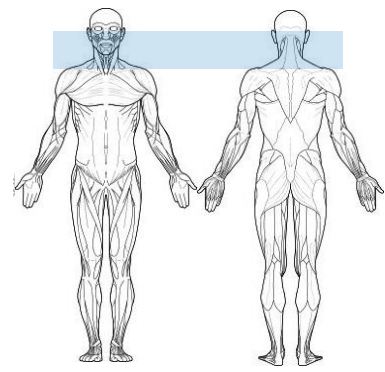
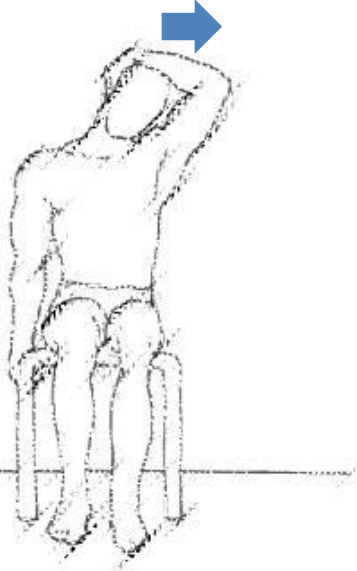


Figure 1



- Sit on a chair with your right hand grasping the lowest part of the chair frame to stabilize your right shoulder
- Place your left hand on the upper right side of your head (around the ear)
- Exhale and pull the left side of your head into your left shoulder
- Keeping your stomach tucked in and back straight on the chair.
- Repeat on other side using opposite hands

- Stand or sit and interlock your hands behind your head near the top of your head (crown)
- Tuck stomach in, pull your head forward, and allow your chin to rest on your chest.
- Keep your shoulders depressed during the stretch.

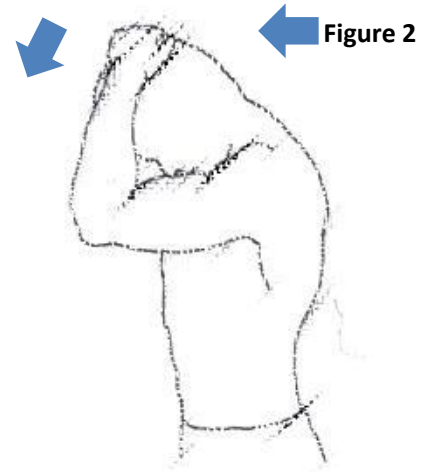
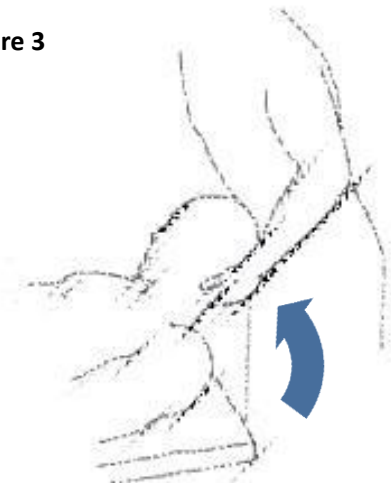


Figure 2

Figure 3



- Lie on your back on a table or floor, with your head hanging on the edge
- Partner/therapist holds the back of your head with both hands, behind you
- Exhale as your partner/therapist gently lifts your head and brings your chin closer to your chest.

Shoulders Stretches

Trapezius – Deltoid – Infraspinatus – Teres Major – Serratus Anterior
Latissimus Dorsi – Serratus Posterior Superior – Rhomboideus

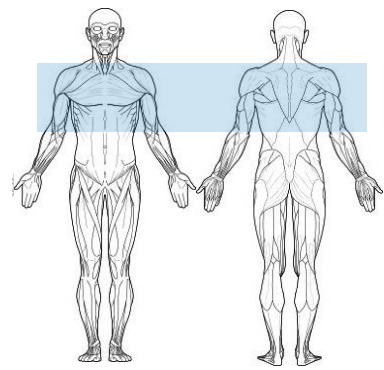
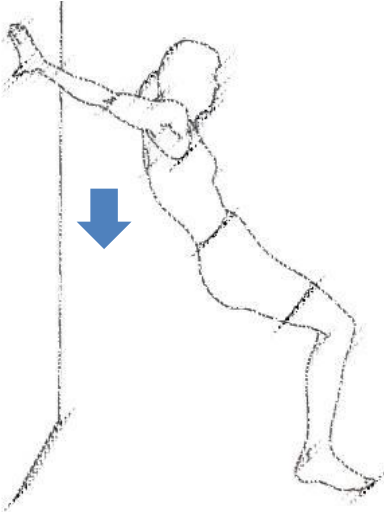


Figure 1



- Stand with your hands behind your back, resting on a wall at about shoulder height, arms length from the wall keeping your arms straight and fingers point upwards
- Keeping your stomach tucked in
- Slowly bend your knees and lower your shoulders keeping your arms in place and feeling the stretch on your shoulders

- Stand or sit with one arm raised to shoulder height; flex the arm across to the other shoulder
- Grasp your raised elbow with the opposite hand,
- Tuck stomach in keeping your back straight and slowly pull your elbow backward across your chest

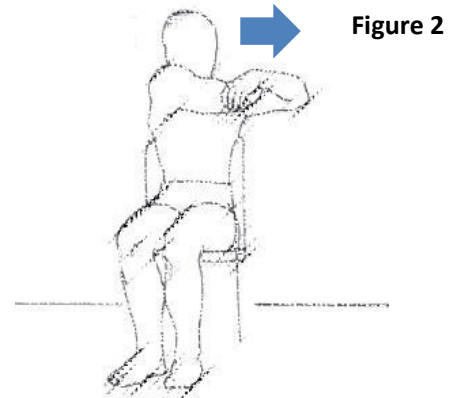
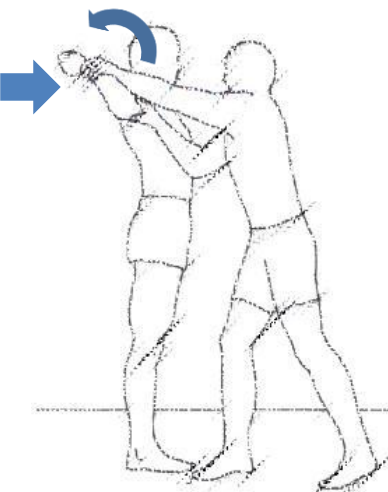


Figure 2

Figure 3



PIR Stretch

- Stand up straight with your stomach in, chest out and your right arm raised to shoulder height and flexed at a right angle
- Your partner/therapist grabs one hand on wrist whilst the other hand supporting your elbow, now using 20% of your strength provide resistance pushing forward whilst partner/therapist holds that position for 8-12 seconds
- Then relax whilst partner/therapist moves your arm into a newer position of stretch.
- Repeat the process 2-3 times
- Repeat with opposite hand/shoulder

Arms & Wrists Stretches

Biceps Brachii – Triceps Brachii – Brachialis – Brachioradialis –
Finger Extensors - Finger Flexors

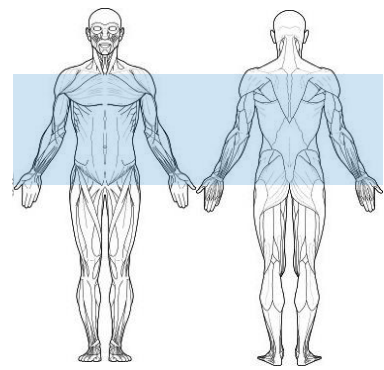
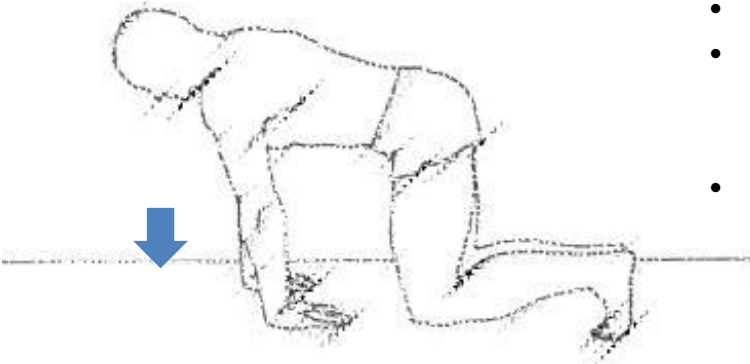
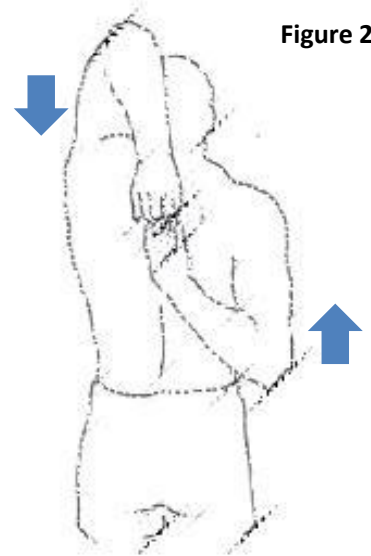


Figure 1



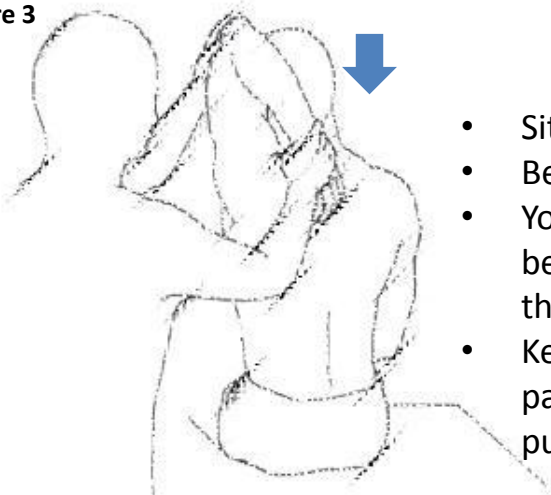
- Kneel on all four
- Flex your wrists and place the tops of your hands against the floor, fingers pointing towards your knees
- Keep stomach tucked and lean against the floor feeling the stretch on extensors

Figure 2



- Stand or sit with one arm behind your back and as far up on your back as possible
- Lift your other arm overhead, flex your elbow and interlock your fingers together
- Slightly resist the interlock and feel the stretch along your triceps

Figure 3



- Sit or stand, and lift with one arm overhead,
- Bend your hand from the elbow backwards
- Your partner/therapist grasps your wrist that is bent with one hand and holds your elbow with the other
- Keeping your stomach tucked and back straight, partner/therapist gently raises your elbow and pulls your wrist downwards behind your back

Hips & Gluteal Stretches

Gluteus Minimius – Gluteus Maximus – Semimembranosus –
Biceps Femoris - Psoas Major – Iliotibial Tract – Iliacus

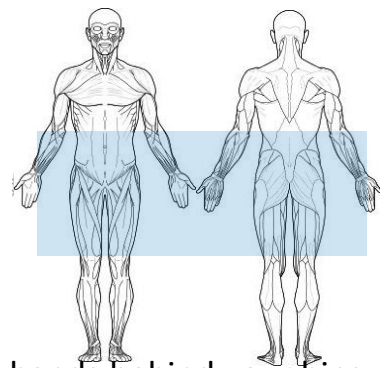
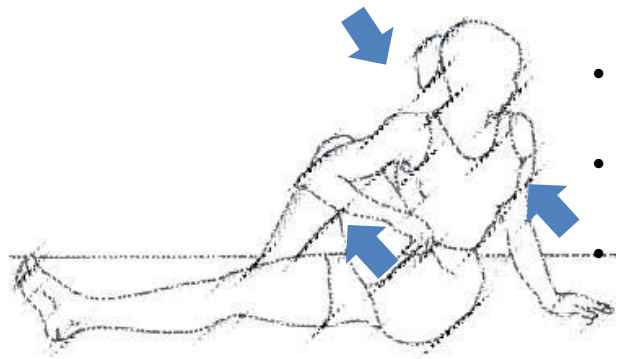


Figure 1



- Sit on the floor with your hands behind your hips and your legs extended
- Cross your left foot over your right leg and slide your heel towards your buttocks.
- Place your right elbow on the outside of your left knee
- Tuck your stomach and look over your left shoulder while turning your trunk and gently pushing on your knee with your right elbow

- Stand with your legs spread apart, about shoulders width
- Get into a lung position keeping your left foot knee aligned with your ankle, 90-degrees
- Extend your right leg, with your knee and top your foot flat on the floor
- Place one hand on your buttocks and on hand on your hip or knee to keep your balance
- Tuck your stomach in keeping your chest out, chin parallel to the floor and slowly push the front of your hip of your back leg towards the floor

Figure 2

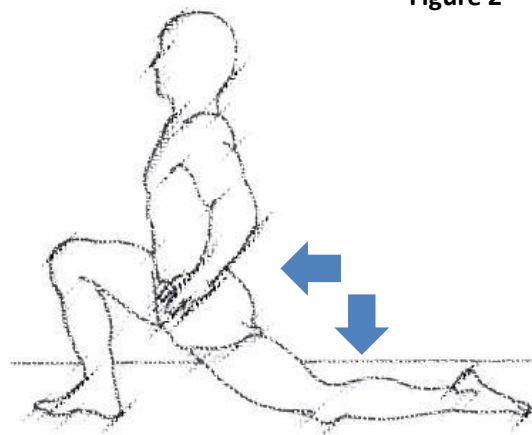
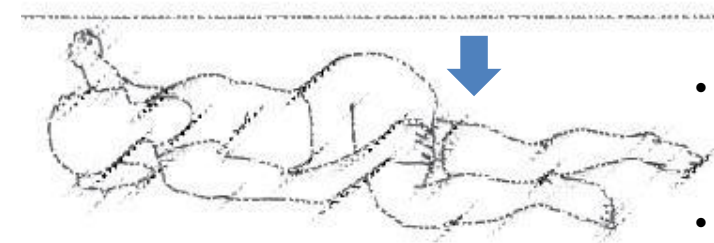
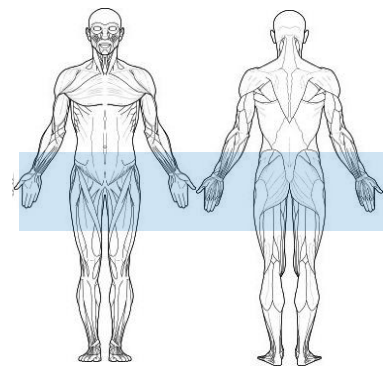


Figure 3



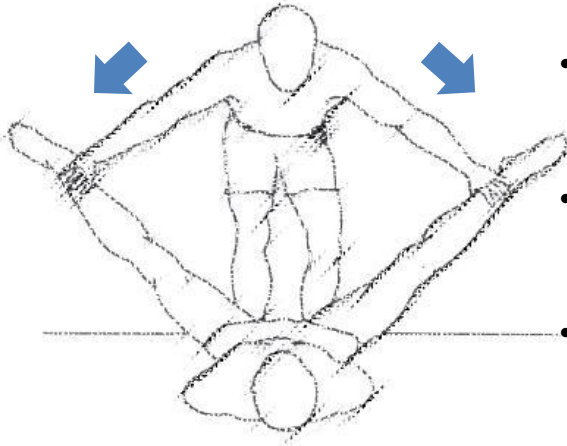
- Lie on your back with your legs extended
- Flex one knee, raise it to your chest, and grasp it with the opposite hand from the hamstrings
- Keeping your head, back and shoulders flat on the floor with the opposite hand reaching out,
- tuck your stomach in and slowly pull your knee across your body to the floor,
- Repeat with opposite foot

Adductors Stretches



Adductor Longus – Adductor Magnus - Gracilis

Figure 1



PIR Stretch

- Lie on your back with both legs raised vertically and spread
- Your partner/therapist grasps both ankles as you lower your legs on either side and assists in spreading them farther apart
- Perform an isometric contraction of the inner thighs using approx 20% of your strength against resistance provided by the partner/therapist
- Hold it for 8-12 seconds. Then relax and partner/therapist moves legs into a newer position of stretch
- Repeat the process 2-3 times

- Stand with your feet parallel to a supporting surface of approximately hip height
- Keeping both legs straight and your hips squared, place left heel on the supporting surface
- Keeping your stomach tucked in, bend your right foot slowly down bring your chest to your knee, whilst keeping the raised leg straight
- Repeat on opposite leg

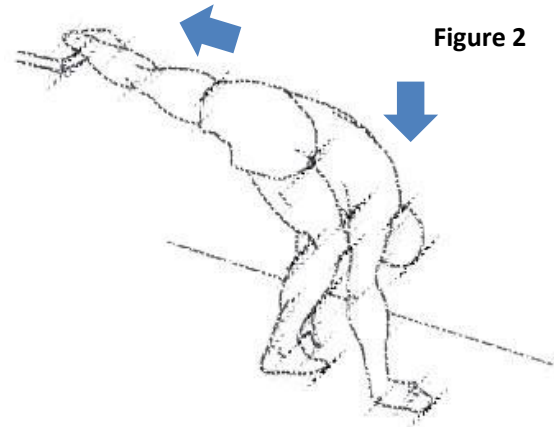
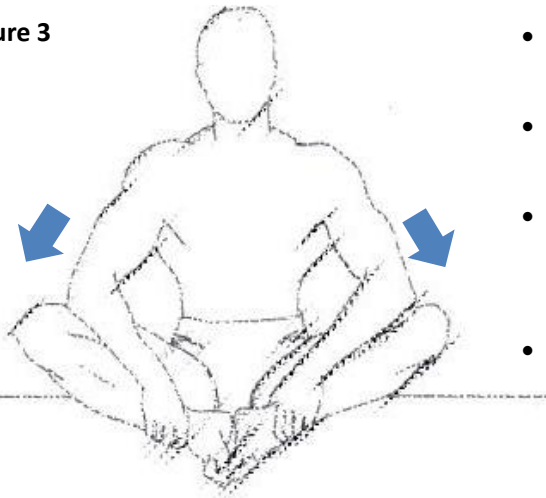


Figure 2

Figure 3



- Sit on the floor with your buttocks, back and shoulders against a wall
- Your legs flexed and spread, and your heels touching each other
- Grasp with the same side hands your feet or ankles whilst locking your elbows on your inner thighs or knees
- Slowly push your legs knees to the floor with your four arms

References

- Sport Stretch, 311 Stretches for 41 Sports, Second Edition, Michal J. Alter Copyright © 1990, 1998, Human Kinetics The Premier Publisher for Sports & Fitness
- Illustrations by © K. Galasyn-Wright, Champaign, IL., 1994
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