

Stretching from head... to toe

Tips:

- Always consult with a doctor before beginning any physical activity program.
- Check with an exercise specialist or physiotherapist to ensure you are using the proper technique.
- Always include a brief warm up prior to stretching.
- Wear comfortable clothes that stretch.
- During your stretches, you may feel a pull, but you should **never** feel pain.
- Hold your stretches for approximately 15-20 seconds.
- Remember to breathe during your stretches.
- You can stretch everyday.



← Neck

Tilt your head so that your ear moves toward your shoulder. Press your opposite hand down. Repeat on other side.



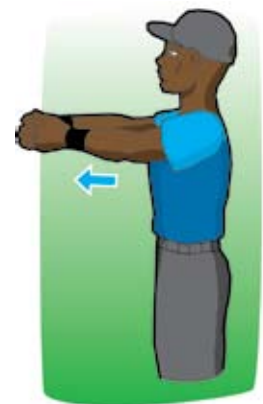
Chest →

Extend both arms out to the side and bend your elbow so your arms are at a 90 degree angle with your palms facing forward. Squeeze your shoulder blades together as you pull your arms back.



← Shoulder

Take one arm and stretch it across the front of your chest. Place the opposite hand on the elbow and gently apply pressure to pull your outstretched arm towards your chest. Repeat with the other arm.



Back →

Reach both arms out in front of your chest and clasp your fingers with palms facing you. Gently press arms forward and round your back.



← Triceps

Stretch one arm straight up above the head and bend the elbow so that your hand is on your back. Take the other arm over your head, placing hand on the opposite elbow and gently pull your arm toward your back. Repeat with the other arm.



← Lower back

Lie on your back on the floor and pull knees to your chest. Place your arms under your knees and gently pull your knees to your chest.

Quadricep →

Sit sideways on the edge of a chair, drop the outside knee down toward the floor. Keeping your back straight, slowly lean back until you feel a stretch in the front of your leg. Repeat on the other side.



← Calf

Stand a stride length away from a wall (or other support) and place your hands on the wall. Place one foot in front of the other, bending the front leg and keeping the back leg straight but not locked. Push the heel of the back leg down and lean forward until a stretch is felt on the back leg. Repeat with the other leg.



Glutes →

In a sitting position, with legs at 90 degrees, cross one leg over the other, placing your ankle on the opposite knee. Place your hands on the top leg with one hand on the ankle and one on the knee. With the hand on the knee gently push down on the knee until you feel a stretch. Repeat with the other leg.



← Hamstring

Sit on the edge of a chair with one leg bent at 90 degrees and one leg stretched out with the heel on the floor, toe pointing up. Place your hands on your lap, keep your back straight, and slowly bend forward at the waist until you feel a stretch in the back of your leg. Repeat with the other leg.



For more information:

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