

stretch

Stretching can look difficult and complicated, but it need not be. The following simple 12 stretches will target the muscles and joints in your body most prone to tightness.

With only fifteen minutes of stretching each day you will soon be experiencing the benefits of greater flexibility, including maintaining good health. Correct stretching:

- lengthens muscles
- reduces tension
- prevents injury
- promotes circulation
- enhances performance

Stretching is best performed when warm, preferably after a brisk walk or exercise.

Each stretch position should be held for 30-60 seconds. Never bounce, just hold the stretch so that tension is felt, but definitely no pain. Breathe slowly and on each breath out feel the stretch increase a little. The more often you stretch the better, but once per day is sufficient to make a difference. A chair is used in all of the stretches for balance, support and assistance. Follow the order of the stretches and you will soon learn the sequence so that the stretching process becomes a familiar part of your day.



Open 7 days
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THE TWELVE
ESSENTIAL
STRETCHES
FOR GREATER
FLEXIBILITY

stretch



Calf Stretch

Stand, facing and holding onto the back of a chair. Take your right foot backwards, keeping your heel on the ground and the foot pointing forwards. Slowly lunge forward keeping your right knee straight. Feel the stretch in the calf. Repeat on the left.

Inner Thigh

Stand, facing and holding onto the back of a chair. Move your legs comfortably apart. Transfer your weight onto your right leg by bending your right knee. Feel the stretch in the inner left thigh. Repeat to the left.



Outer Thigh

Stand, facing and holding onto the back of a chair. Take your right leg behind and across the left leg. Let your left hip drop and move your pelvis slightly to the right. Feel the stretch on the right outside leg. Repeat on the left.

Hamstrings

Stand facing the side of a chair. Place your right foot on the chair. Keeping your back "hollowed" bend forwards at the hips until you feel a stretch at the back of the thigh. Repeat on the left.



Hip Flexors

Stand side on to the front of the chair, right side closest to chair. Place your right knee onto the chair and take the other leg forwards. Tuck your tail under at the back and feel a stretch at the front of the right hip and thigh. Repeat on the other side.



Buttock

Sit on a chair. Cross your right leg over the left leg. Place your left elbow on the outside of the right knee and push the right leg further across. Repeat on the other side.



Trunk Side

Sit on a chair. Bend to the right, running your right hand down the side of the chair to the floor. Make sure you don't bend forward. Feel the stretch in the left side. Repeat to the left.

Back Muscles

Sit on a chair. Move your legs comfortably apart. Bend forwards so your head moves towards the floor. For a stronger stretch apply over pressure by using your hands to pull the head down.



Chest

Sit toward the front of the chair. Place your hands behind you onto the backrest. Hold the chair while you lean your trunk forward. Feel the stretch across the front of your shoulders and chest.

Back Neck Muscles

Sit comfortably on the chair. Hold onto the seat of the chair with your right hand. Sidebend your head to the left and then turn to the left so as to look at the floor. Feel the stretch on the right side at the back of the neck. Repeat on other side.



Levator scapulae

Sitting comfortably on chair, hold onto seat of chair with your right hand. Sidebend your head to the left and then move it forward so that you are looking under your armpit. Feel the stretch slightly closer to the spine than the previous stretch. Repeat on other side.

Front Neck Muscles

Sitting comfortably on the chair, hold onto the seat of the chair with your right hand. Sidebend your head to the left and then turn to the right so as to look up at the ceiling. Feel the stretch at the front of the right side of the neck. Repeat on the other side.



stretch

Flexibility

★ WARNING: If you experience dizziness or blurred vision whilst doing these neck stretches stop immediately and see your physiotherapist or doctor.