Stretching

Start with a warm-up with light activity for 4 to 5 min. prior to stretching. When stretching, move slowly out to a point where the stretch feels slightly uncomfortable, not painful. Hold it at this point for a 10 to 30 count (shorter if you are using it for warm-up, longer if you are trying to increase ROM); do not bounce at this end point. Slowly move out of this position, relax, and then repeat. Use this protocol for each stretch listed.

1. **Neck tilts** – with hands at side, tilt head slowly, ear to shoulder, repeat to other side.

2. **Chest stretch** – With hands on the wall and outstretched, lean against corner of wall. Also can be done in a door way.

3. **Behind Back interlock** – Interlock fingers behind back, extend arms up to the sky, and hold.

4. **Upper body lean** – Pull right arm at elbow behind the head and tilt to the left. Hold and repeat with other side.

5. **Lunge** – Place right leg out in front with bent knee while left leg is extended back. Move hips forward and down while keeping the upper body tall.

6. **Calf** - Using the position of #6, move the body straight up and push the back foot down so the heel touches the ground. Or, stand against the wall, step one leg back and push the heel to the floor.

7. **Spread legs** – Seated position, legs spread, knees straight. Stretch both hands to the left foot, hold, and then stretch both hands to the right foot and hold. Then, reach both hands out to the floor in the center.

8. **Hamstring stretch** – Standing position, right leg extended and knee straight. Bend over and extend both hands to right ankle. Hold and repeat with left leg.

9. **Quad stretch** – Lay on left side or stand holding the wall, pull right ankle behind the body towards the buttocks. Hold and repeat with other leg.

10. **Leg over** – Lying on back, bring right knee over extended left leg and hold while keeping both shoulders on the ground. Reverse legs.

11. **Knees to chest** – Using position #11, clasp both hands around shin and pull the knee to the chest, keeping the other leg on the ground. Hold and repeat with other leg.