

Regular Stretching Program

- Go through this stretching program 5 times a week to improve your flexibility.
- Control the pressure. If it feels too sore then reduce how much you are tension you are putting into the stretch.
- If discomfort persists please discontinue the stretch and seek further advice.

Hamstring Stretch

Sets: 1 | Reps: 1 | Hold: 30 sec | Frequency: 5 per week

Preparation:

- Stand with one leg on a medium sized stool as shown

Execution:

- Keeping your back straight, slowly lean forwards from the hips



Leg up on stool



Lean forward from the hips

Hip Adductor Stretch

Sets: 1 | Reps: 1 | Hold: 30 sec | Frequency: 5 per week

Preparation:

- Begin in the side lunge position as shown
- Your leg should be out to the side and slightly behind you, both feet flat on the floor

Execution:

- Keeping your back straight, lunge deeper to the side until you feel a stretch along the inside of your leg.



Lunge to side - You should feel a stretch on the inside of your leg

Iliopsoas Stretch (Chair)

Sets: 1 | Reps: 1 | Hold: 30 sec | Frequency: 5 per week

Preparation:

- Stand with good posture with one knee up on a chair

Execution:

- Push your hips forward until you feel a stretch in the front of your thigh



Tuck tail bone under, avoid arching through lower back



Push up forward to feel a stretch in the front of your thigh

Gastrocs Stretch (Wall)

Sets: 1 | Reps: 1 | Hold: 30 sec | Frequency: 5 per week

Preparation:

- Stand in front of a wall with one leg forward and one leg back

Execution:

- Keeping your back leg straight and heel on the ground, lean forwards, bending your front knee



Lean forward, back knee locked, heel on ground

Latissimus Dorsi Stretch (Wall)

Sets: 1 | Reps: 1 | Hold: 30 sec | Frequency: 5 per week

Preparation:

- Stand facing a wall, elbows at shoulder height on the wall

Execution:

- Raise your arms above your head, keeping them close to your head
- Stop raising your arms when you feel a stretch in your back



Standing with arms against the wall



Slide forearms up wall

Thoracic Rotation AROM

Sets: 1 | Reps: 15 | Frequency: 5 per week

Preparation:

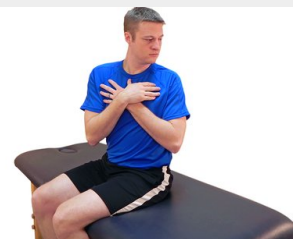
- Sit with your arms folded in front your chest

Execution:

- Rotate your upper back to one side and repeat in the other direction
- Movement should not occur at the lower back



Sit with good posture



Rotate through your upper back