

**General Instructions:**

- Hold each stretch for 15-30 seconds, repeat 1-2 times
- Breathe normally
- Do not perform any exercise that causes you pain or discomfort, stretches can be modified to your comfort level
- Complete stretches daily, or at the end of your exercise as part of your cool down
- Most stretches can be completed standing or seated

**LOWER BODY STRETCHES**

**QUADRICEPS STRETCH**

- Stand with your feet hip-distance apart. Hold onto a sturdy object for balance if needed
- If comfortable, grasp one foot, shoe, or pant leg and pull foot towards the buttocks
- Keep knees together
- The foot can rest on a chair to make it easier



**HAMSTRING STRETCH**

- Stand with your feet hip-distance apart, holding a sturdy object for balance if needed, or sit in a chair with a straight back
- Bring the right leg forward, point toes towards the ceiling
- Keep torso straight
- Bend forward from the hips
- Change the leg position and repeat on the other side



**GLUTE STRETCH**

- Sit in a chair with a straight back
- Place right ankle on left knee
- Lean forward slightly
- Change leg position and repeat on other side



## HIP ADDUCTOR STRETCH

- Stand with your feet greater than hip-distance apart, holding onto a sturdy object for balance if necessary
- Lean slightly towards one side, bending that knee and resting hands on bent leg thigh
- Repeat other leg



## CALF STRETCH

- Stand with your hands on the back of a chair or against a wall
- Step your right leg back and your left leg forward
- Keep both feet facing forward
- Slowly bend the front (left) knee, while keep the back (right) leg straight with the heel on the floor
- Switch leg positions and repeat on the other side



## UPPER BODY STRETCHES

### UPPER BACK AND NECK STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Clasp hands at shoulder height with fingers interlaced and palms facing forward
- Reach arms forward until you feel a mild pull between shoulder blades
- Slowly bend head forward



### SHOULDER STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Pull one arm across the body at chest level
- Slightly press on arm below the elbow with the opposite hand
- Repeat with other arm



### CHEST STRETCH

- Stand with your feet hip distance apart or sit in a chair with a straight back
- Clasp hands behind back
- Gently lift hands up and away from body. Do not lean forward



## CHEST WALL STRETCH

- Stand beside wall
- Bend your right arm to form a capital 'L' and place the inside of your forearm on the wall
- Turn your body away from your right arm, while stretching the right portion of your chest
- Repeat with the other arm



## TRICEPS STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back
- Reach your hand behind your head, grasping your elbow and gently pulling
- Repeat with the other arm

