

The following exercises are designed to increase your flexibility. Stretch to the point of a gentle stretch and hold it, without bouncing. The stretches can be performed all at once or spread throughout the day. You should stretch at least 5 days a week. **DISCONTINUE AN EXERCISE IF IT IS PAINFUL.** Remember to breathe during all stretching. Inhale and exhale and relax.

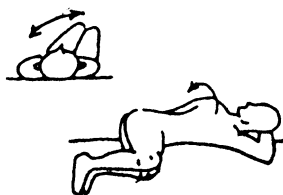
LOWER BACK



Double Knee to
Chest

- Lie on your back with your knees bent and feet resting on the floor.
- With your hands, pull one knee to your chest, then pull the other until you feel a gentle stretch in the lower back.
- Hold 10 counts, then put one leg down at a time.

Do 10-15 repetitions



Rotation

- Lie on your back with your knees bent slightly and feet resting on the floor.
- Keeping your shoulders on the floor, slowly drop your knees to one side, until you feel a gentle stretch in the lower back.
- Hold 10 counts, then bring your knees back to the center before repeating the stretch.
- Do 10-15 repetitions to each side.

Progression — As the stretch becomes easier, try to bend the knees more when stretching.

ABDOMINALS



Extension

- Lie on your stomach and prop up on your elbows until you feel a gentle stretch along your stomach muscles.
- Hold 10 counts, then relax.
- Do 10-15 repetitions.
- **IF THIS IS PAINFUL, TRY LYING FLAT ON YOUR STOMACH, INSTEAD.**

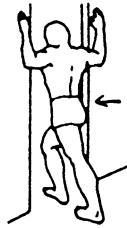
Progression — As the stretch becomes easier, try to slowly straighten your elbows to increase the stretch. You can also try studying in the above position.



Lateral Trunk Flexors
— Side Bends

- Sit or stand with your feet shoulder-width apart and a normal curve in the low back, midback and neck.
- Slowly bend to one side until you feel a gentle stretch along the other side of your body.
- Hold 10 counts, then relax.
- Do 10-15 repetitions to each side.

PECTORALS

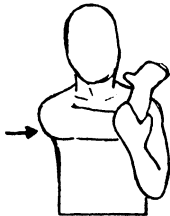


Doorway Stretch

- Stand with one foot in front of the other and a normal curve in your low back, midback and neck.
- Bend your elbows to 90° and place your forearm(s) on the doorway wall(s).
- Slowly shift your weight to your lead leg until you feel a gentle stretch in the chest muscles.
- Hold 10 counts, then relax.

Do 10-15 repetitions to each side.

DELTOIDS

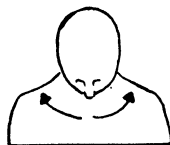


Shoulder Blade Hug

- Stand or sit with a normal curve in the low back, midback and neck.
- Grab your elbow with the opposite hand and pull it straight across your chest until you feel a gentle stretch in the back of the shoulder.
- Hold 10 counts, then relax.

Do 10-15 repetitions to each side.

NECK

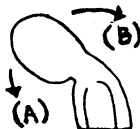


Flexion/Rotation

- Slowly tuck your chin in to your chest.
- Keeping the chin tucked, slowly rotate your head toward one shoulder until you feel a gentle stretch in the neck muscles.
 - Hold 10 counts, then relax.

Do 10-15 repetitions to each side.

(A) Slowly tuck your chin in to your chest until you feel a gentle stretch in the muscles along the back of your neck.

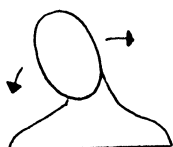


(A & B) Flexion/Extension

- Hold 10 counts, then relax.
- Do 10-15 repetitions.

(B) Keeping your mouth closed and leading with the chin, slowly tilt your head back until you feel a gentle stretch in the muscles along the front of your neck.

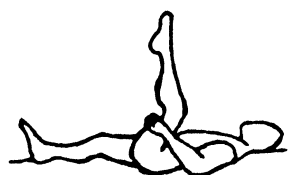
- Hold 10 counts, then relax.
- Do 10-15 repetitions.



Lateral Side Bends

- Keeping your head in line with your shoulders, slowly bend your neck to the side until you feel a gentle stretch along the opposite side of your neck.
 - Hold 10 counts, then relax.
 - Do 10-15 repetitions to each side.

HAMSTRINGS



Straight-Leg Raise

- Lie with one leg resting on the floor and the other thigh flexed up toward the ceiling.
- Holding your thigh with your hands, slowly straighten your knee until you feel a gentle stretch along the back of your thigh (hamstrings).
 - Hold 10 counts, then relax.

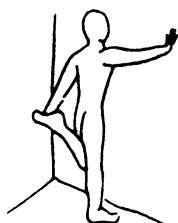
Do 10-15 repetitions with each leg.



Foot-On-Box Stretch

- Stand with a normal curve in the low back, midback and neck areas.
- Place one foot on a step, bench or stool, keeping the knee almost straight and foot flexed back slightly.
- Slowly lean forward until you feel a gentle stretch along the back of your thigh.
 - Hold 10 counts, then relax.
 - Do 10-15 repetitions with each leg.

QUADRICEPS



Same Hand, Same Foot

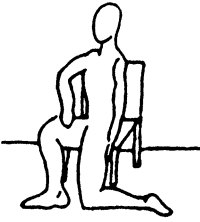
- Stand with a normal curve in the low back, midback and neck.
- Grab your foot and pull it behind your back, until you feel a gentle stretch along the front of your thigh (quadriceps).
- **DO NOT PULL THE FOOT TOWARD YOUR SEAT OR TWIST IT TO THE SIDE.**
 - Hold 10 counts, then relax.

Do 10-15 repetitions with each leg.



www.DrRobertshire.com

HIP FLEXORS



Chair Stretch

- Kneel on one leg with the other leg straight out in front of your body.
- Keeping a normal curve in the lower back, midback and neck, slowly bend the lead leg until you feel a gentle stretch along the top, front of the thigh you are kneeling on.
- **DO NOT LEAN FORWARD OR BEND THE LEAD LEG MORE THAN 90°.**
 - Hold 10 counts, then relax.

Do 10-15 repetitions with each leg.