



(613) 831-9665

www.hazeldeanchiropractic.com

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Thank you for reading this guide to quick and easy stretches you can do anywhere. We hope you find this valuable and that you can start implementing these great stretches in your daily routine.

*Disclaimer: Please discuss with your Chiropractor or other healthcare provider before beginning any new fitness regime, and discontinue any exercise or stretch that is painful. This is a general guide; however, you must use your own judgment as to which stretches are appropriate for you.

Our Top 5 Quick and Easy Stretches You Can Do Anywhere!

1. **Chest:** Stand in a doorway and place your arm at a 90° angle to your body, with your inner arm pressed flat against the doorframe. Turn your body 45° away from that arm, until you feel a gentle stretch of your chest muscle on that side. Hold for 15-30 seconds; repeat on opposite side.



- Back:** Stand upright with one arm extended directly overhead. Lean your upper body gently to the opposite side. You should feel a gentle pulling stretch in the muscles in your back on the side of the extended arm. Hold for 15-30 seconds. Repeat on the opposite side.



- Hips:** Place a yoga mat or towel on the floor for a bit of extra padding. Place one foot in front of your body, and the other foot behind with that knee touching the floor. The front hip and knee should be at 90°, making sure your knee doesn't go past your toes. Now extend your back foot further behind you, until you feel a stretch in the front of the extended hip. Hold for 15-30 seconds. Repeat on the other side.



4. **Buttocks (Glutes):** Lie down on your back on a yoga mat or carpet. Place one foot flat on the floor so that your leg is bent at about 45°. Bring your other leg up and cross it over the bent leg, with your foot resting on the thigh just above the knee. Reach your arms through the opening and gently pull your legs toward your body. You should feel a stretch in the buttocks on the side of the top leg. Hold for 15-30 seconds. Repeat on the other side.



5. **Calves:** Stand facing a wall, placing your fingertips on the wall for balance. Place the toes of one foot on the wall and gently lean in towards the wall. You should feel a stretch in the calf muscles on the back of your lower leg. Hold for 15-30 seconds. Repeat on the other side.



Well there you go! Five great stretches that you can do in just 5 minutes per day anywhere you are. No special equipment needed. These stretches can help to relieve muscular tension and invigorate you after prolonged sitting. We hope you find them beneficial.

Best regards,

Your Chiropractors at Hazeldean Family Chiropractic