

## Make Stretching a Part of Your Daily Routine

### General guidelines when stretching:

- **Breathe while exercising.** Breathing helps you to relax your muscles.
- **Stretch regularly.** Develop a pattern of stretching various parts of your body at regular intervals throughout your workday.
- **Stretch at your own pace and ability.** Remember to exercise within your limits.
- **Stretch gently.** Stretch to the point of comfortable tension, then relax and hold the stretch. Avoid straining or bouncing while holding your stretch.
- **Go easy at first.** Start with a few exercises and gradually increase.
- **Discontinue if pain occurs.** If the stretch creates pain, stop the exercise and make sure your technique is correct.

### Hamstring Stretch

#### Target Area:

- Hamstring and calf.

#### Actions:

- Extend one leg forward, place heel on the floor and point toes upwards.
- Bend opposite knee slightly. Place hands on thigh of bent leg for support.
- Keeping thighs aligned, bend at the hips until a stretch is felt in the back of the thigh.
- Hold back straight and keep head aligned with spine.
- Hold for 15-30 seconds, relax, and repeat 2 times on each side.

#### Precautions:

- **Avoid pressing directly on the knees.**



### Calf Stretch

#### Target Area:

- Calf muscle of the lower leg.

#### Actions:

- Stand with feet shoulder-width apart and knees slightly bent.
- Keeping both heels on the floor and both feet facing forward, slowly bend front knee and lower body forward until a stretch is felt in the calf of the back leg.
- A wall or vertical surface can be used for balance.
- Hold for 15-30 seconds, relax, and repeat 2 times on each side.

#### Precautions:

- **Do not allow bent front knee to exceed tip of toes.**



### Side Stretch

#### Target Area:

- Waist and upper torso.

#### Actions:

- Place one hand on same side outer thigh for support.
- Reach up with opposite hand as high as possible (palm towards ceiling) and bend slightly to the side with hand on thigh.
- Hold for 15-30 seconds, relax, and repeat 2 times on each side.

#### Precautions:

- **Bend directly to the side; do not lean forward or backward.**



### Back Extension Stretch

#### Target Area:

- Lower back and abdomen.

#### Actions:

- Stand with feet shoulder-width apart and knees slightly bent.
- Place your hands on your lower back and take a deep breath.
- Maintain balance and lean your head and shoulders backward while exhaling.
- Hold for 15-30 seconds, relax, and repeat 2-4 times.

#### Precautions:

- **Avoid this stretch if you have back problems.**



## Shoulder Stretch

### Target Area:

- Shoulders, chest, and upper back.

### Actions:

- Bring your left arm across the front of your body at about chest height.
- Support your left arm with the elbow crease of your right arm or use your right hand to hold your left arm.
- Stretch out your shoulder and continue to face forward.
- Hold for 15-30 seconds, relax, and repeat 2 times on each side.

### Precautions:

- **Avoid throwing or whipping the arms back and forth.**



## Quadriceps Stretch

### Target Area:

- Front muscle of the thigh and knee.

### Actions:

- Stand on your left leg, one knee touching the other. You can hold a chair or the wall to keep you steady if needed.
- Grab your right foot, using your right hand, and pull it towards your butt.
- Maintain balance and lean your head and shoulders backward while exhaling.
- Hold the position for 15-30 seconds, relax, and repeat 2 times on each side.

### Precautions:

- **Avoid this stretch if you have knee problems.**



## Triceps Stretch

### Target Area:

- Triceps, shoulders, and upper back.

### Actions:

- Standing with your feet shoulder-width apart, extend your right arm over your head, and bend your right elbow, bringing your palm as far down your back as you can.
- Grab your right elbow with your left hand and gently pull it to the left until you feel a stretch.
- Hold for 15-30 seconds, relax, and repeat 2 times on each side.

### Precautions:

- **Avoid swaying your body or pushing your neck forward.**



## Squat

### Target Area:

- Front muscle of the thigh and knee.

### Actions:

- Begin in a wide stance with toes out at a comfortable angle.
- Bend the knees and lower down into a squat, keeping knees in line with toes, abs contracted, and back straight.
- Push back to start position without locking the knees.
- Repeat 2-4 times..

### Precautions:

- **Only go down as low as you are comfortably.**



## Side Lunge

### Target Area:

- Hips, groin, and adductors.

### Actions:

- Stand upright, with both feet facing forward, shoulder-width apart or wider.
- Place your hands on your hips or thighs, in order to keep your back straight.
- Slowly exhale, taking your bodyweight across to one side..
- Hold for 15-30 seconds, relax, and repeat 2 times on each side.

### Precautions:

- **Avoid leaning forward or taking the knee of the bent leg over your toes.**



## Neck Side Rotation

### Target Area:

- Neck and upper back.

### Actions:

- Keep your head squarely over your shoulders and your back straight.
- Slowly turn your head to the right until you feel a stretch in the side of your neck and shoulder.
- Hold for 15-30 seconds, relax, and repeat 2-4 times on each side.

### Precautions:

- **Do not stretch beyond the point of mild tension.**
- **Avoid this stretch if you have neck problems.**



## Forearm Stretch

**Target Area:**

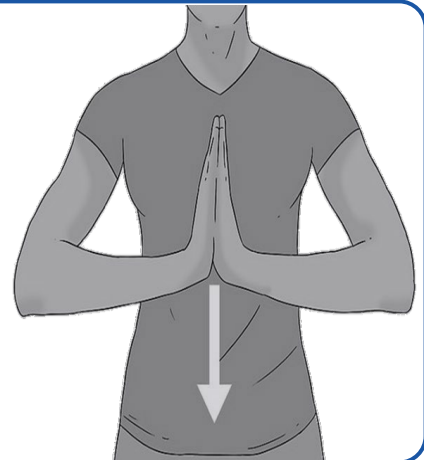
- Top and bottom of forearm and wrist.

**Actions:**

- Hold your palms together with your fingertips just below your chin..
- Gradually bring your hands down toward your waist. Stop when you feel a comfortable stretch through your forearms.
- Stretch out your shoulder and continue to face forward.
- Hold for 5-8 seconds, relax, and repeat 2-4 times.

**Precautions:**

- Ensure your forearms remain parallel to the ground..
- Avoid this stretch if you have wrist or hand problems.



## Wrist Flexor/Extensor Stretch

**Target Area:**

- Top and bottom of forearm and wrist.

**Actions:**

- Extend one arm straight out in front of the body with fingers pointed upwards.
- With opposite hand, gently grasp fingers of the extended arm and pull palm (from side) toward the body until mild tension is felt; hold for 15 seconds.
- Now bend the wrist so fingers are pointing downwards
- With opposite hand, gently grasp fingers of the extended arm and pull back of hand (from side) toward the body until mild tension is felt; hold for 15 seconds
- Relax and repeat on opposite side.

**Precautions:**

- If too much strain is felt, decrease the tension placed on fingers and palms.
- Avoid this stretch if you have wrist or hand problems.



## Wrist-Cycling Exercise

**Target Area:**

- Top and bottom of forearm and wrist.

**Actions:**

- Extend your arms straight in front of you at shoulder height with your palms facing the floor.
- Bend both wrists up and down, and then side to side.
- Repeat this 2-4 times on each wrist.

**Precautions:**

- Avoid moving your forearm when performing this exercise.
- Avoid this stretch if you have wrist or hand problems.

