

Stretching 101

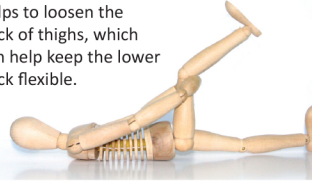
1 Double Leg Knee Hug



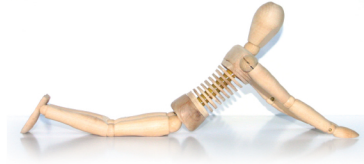
- Lie on your back, pull both knees to chest, and exhale.
- **WHY DO IT?** This stretch helps to loosen the lower back muscles.

2 Back Thigh (Hamstring) Stretch

- Lie on your back, keep one leg straight, pull other leg up by grasping behind knee.
- Keep leg slightly straight, toes pointing to your nose (flexed), slowly straighten leg until you feel a pull.
- No need to fully straighten leg.
- Repeat with other leg.
- **WHY DO IT?** This stretch helps to loosen the back of thighs, which can help keep the lower back flexible.



3 Back Extension



- Lie on your stomach, relax from the waist down, keep hands in-line with your shoulders.
- If this is comfortable, slowly push up to full extension.
- Hold on 3 seconds, repeat 5 times.
- **WHY DO IT?** This stretch/pose helps to push the discs of the spine back into their neutral posture; especially useful if you are sitting or bending forward frequently throughout the day.

4 Front Thigh Stretch (Quadriceps)



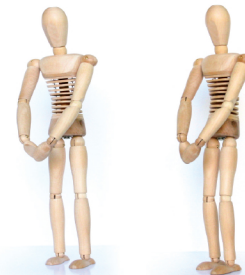
- Lie to one side, keep the lower leg straight.
- Bend the upper leg and grab your heel (no need to touch heel to buttocks).
- Hold this pose - keeping leg parallel to the floor, (if difficult to grasp heel, use a towel to wrap around your heel and then grab with your hand), hold.
- Repeat with other leg.
- **WHY DO IT?** This stretch helps to loosen the front thigh and hip flexor muscles.

5 Calf Stretch

- Face the wall, keep both hands at chest height, front foot bent forward, back foot straight.
- Keep hips straight, lean into the bent leg (you should feel a pull along the calf muscles), hold.
- Repeat with other leg.
- **WHY DO IT?** This stretch helps to loosen the calf muscles to relieve cramps and sore feet.



8 Wrist Stretch - Extension/Flexion



- For Golfer's Elbow (flexors) - keeping elbow straight, palm facing up, gently pull fingers/ hand towards the floor, hold.
- Repeat with other arm.
- For Tennis Elbow (extensors) - keeping your elbow straight, grasp your fingers, palm facing down, pull hand/fingers toward you, hold.
- Repeat with other arm.
- **WHY DO IT?** These stretches help to loosen the wrist and elbow muscles to minimize tendonitis from frequent use of keyboards, hand tools, and steering wheels.

6 Arm (Biceps) Stretch

- Position inside of straight arm on surface of wall, thumb facing floor.
- Turn body away from positioned arm, hold.
- Repeat with other arm.
- **WHY DO IT?** This stretch helps with better shoulder flexibility and posture.



7 Chest Stretch

- Position outside of straight arm on surface of wall, thumb facing ceiling.
- Turn body away from positioned arm, hold.
- Repeat with other arm.
- **WHY DO IT?** This stretch also helps with better shoulder flexibility and posture.

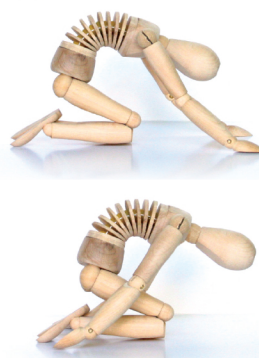


9 Upper Neck Stretch

- Grasp the top of your head and gently pull toward your shoulder.
- Repeat with the other side
- **WHY DO IT?** This stretch helps to loosen the upper neck muscles which can get very tight from supporting your arms and head.



10 Child Pose - Yoga



- Kneel on the floor, sit the hips back onto the heels, relax the lower back, and extend arms forward.
- Rest the forehead onto the floor, relaxing the neck, face and shoulders.
- Keep the arms stretched and the fingers spread.
- Then bring the arms alongside the thighs, palms facing up.
- Stay anywhere from 30 seconds to a few minutes.
- To come up, lengthen the front torso, inhale and lift from the tailbone.
- **WHY DO IT?** Child Pose is a great resting pose for your postural muscles