

# STRETCHING EXERCISES

## WHY WARM UP?

Warming up allows the body to adjust from a state of rest to activity in a controlled manner. Raising the body's temperature, metabolic, respiratory and heart rates improves physical efficiency and performance. Warming up stretching muscles and mobilizing joints prior to dynamic activity minimises the risk of incurring a strain injury.

### WHEN STRETCHING

Stretching exercises are recommended before and after participating in sport or strenuous manual work as they prepare the body for the forthcoming physical activity by enabling joints to move through their full range of motion optimising flexibility. Pre-stretching reduces the risk of potential strain injury, post-stretching aids recovery.

### Neck Stretch



Rotate head in both directions then forward, backward and side to side.  
Option: Use pressure from hand on head to increase intensity.

### Overhead Arm Stretch



Hands clasped push upwards with straight arms.  
Option: Lean forward and backwards whilst arms outstretched.

## HOW TO WARM UP

For 5-10 minutes engage in progressively intense light cardio exercise closely related to your sporting activity e.g. football kick about, rugby ball passing, swing arm weights, aerobic boxing etc. varied with general exercises such as jogging, shuttle runs, high knee sprints. When feeling adequately engaged perform stretching exercises prior to commencing your sport/activity.

### POSTURE

Adopt a relaxed, balanced stance standing tall with spine aligned, head up, shoulders back, abdomen flat. During stretches concentrate on controlled, slow, deep breathing. Flexibility is increased when the mind and muscles are relaxed. Everyone's mobility and flexibility is different being dependent on personal physical characteristics, fitness levels and age. Stretch within your limitations DO NOT try to compete.

### Shoulder Circles



Pull elbows arms in both directions.  
Option: Gradually decrease circles and arms are fully outstretched in gradually increased back or full circles.

### Rear Shoulder Stretch



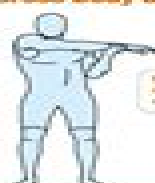
Push straight arms towards each other stopped.  
Option: Lean forward whilst pushing hands upwards to increase intensity.

### Overhead Triceps Stretch



Holding back elbow of arm being stretched pull downwards towards head.

### Cross Body Shoulder Stretch



Keeping arm straight and elbow raised, holding elbow or forearm pull towards body.

### Chest Stretch



Draw straight arms back and forward in 'flapping' motion.

### Hip Circles



Rotate hips in large circles in both directions keeping legs straight.  
Option: Hands by sides alternately bend sideways sliding hand towards knee.

### Torso Twist



With feet facing forward alternately rotate trunk left and right.

### Squat



With feet apart lower body whilst keeping head up and spine straight.

### Quad Stretch



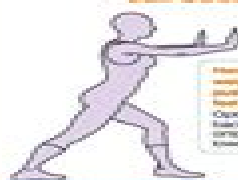
Holding ankle of leg being stretched pull foot towards body.  
Option: Push thigh back trying to straighten leg whilst leaning forward.

### Floor Touch



Stand from waist bending knee in front, between and behind feet keeping legs straight then straighten up.  
Option: From upright position rotate trunk bending to touch alternate feet with opposite hand.

### Calf Stretch



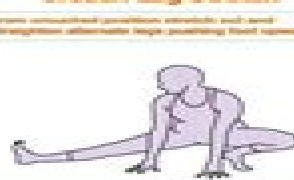
Heels on wall, shift weight onto back foot push rear leg straight, foot-against wall stretch.  
Option: Bend knee of back leg shifting weight onto heel of foot, feel knee pull stretch.

### Crossed Leg Toe Touch



Keeping knees leg straight slide hands down after towards feet then straighten up.

### Crouch Leg Stretch



From crouched position stretch out and straighten alternate legs pushing foot opposite.

### Groin Stretch



With knees together pull feet towards body whilst sitting/forward from hips.  
Option: Lying on back knees together with arms bent spread push up/forward.

### Hip Stretch



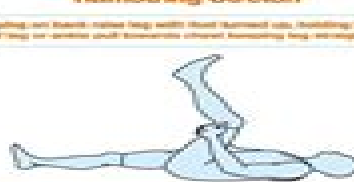
Cross feet over outstretched leg, pull knee towards body with arm whilst rotating torso.

### Head to Knee Stretch



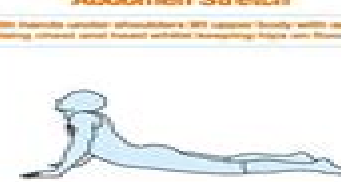
Tuck head little groin outstretched other leg keeping it straight, slide hands down arm towards foot whilst reaching forward.  
Option: With both legs outstretched either together or apart slide hands down shins towards feet.

### Hamstring Stretch



Lying on back raise leg with foot turned up, holding back of leg or ankle pull towards chest keeping leg straight.

### Abdomen Stretch



With hands under shoulders lift upper body with arms raising chest and head whilst keeping hips on floor.

### PERSONAL ROUTINE

Assume the mindset that your Warm Up/Stretch/Cool Down routine is an integral part of your sport/activity session. Develop an achievable routine that you enjoy. DO keep it fresh by including variations. DO NOT view physical preparation as a 'chore' to be hummed. DO NOT allow your routine to evolve into an excessively long activity.

### EXERCISE TECHNIQUE

Be methodical starting from the head down. Perform exercises in a considered, controlled manner. Dynamic Stretches involve rotational motions. Static Stretches involve progressively extending to the point of maximum discomfort. Perform each stretch 3-5 times holding static stretches for between 5-30 seconds. DO NOT 'recoil' or 'bounce' relying on momentum. DO NOT grope or 'push through' pain. DO NOT exercise if ill or injured.

## WHY COOL DOWN?

Cooling Down provides the body with a period of adjustment from activity to rest where the body's temperature, metabolic, respiratory and heart rates can be lowered in a controlled manner. It also presents an opportunity to reflect on your performance, calm down and relax.

## HOW TO COOL DOWN

For 5-10 minutes after dynamic activity leisurely repeat the warm-up routine varied with stretching exercises. This can aid recovery by dispersing lactic acid and other waste products created by muscle activity, minimise 'blood pooling' in lower limbs and reduce Delayed Onset Muscle Soreness (DOMS).

# Stretching And Strengthening Exercises

**Mark D. Miller, Stephen R. Thompson**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the authors' names.

## **Stretching And Strengthening Exercises:**

Stretching and Strengthening Exercises Hans Spring,1991      **The 5 Minute Sports Medicine Consult** Mark D. Bracker,2001 This new addition to The 5 Minute Consult Series is a clinically oriented quick consult reference for sports medicine For the first time common sports related problems faced by primary care practitioners are thoroughly and concisely presented in the famous fast access 5 Minute Consult format Chapters on musculoskeletal problems cover basics diagnosis acute treatment including on field management long term treatment including rehabilitation and referrals and commonly asked questions Other chapters address the special populations of children adolescents females geriatric athletes and disabled athletes and general medical problems in athletic individuals Appendices include clinical care algorithms a guide to the preparticipation examination and patient education handouts      **Trail Guide to the Body's Quick Reference to Stretch and Strengthen** Andrew Biel,2012 Your quick and easy guide to strengthening exercises and simple stretches Our flagship text Trail Guide to the Body A hands on guide to locating muscles bones and more covers the subject of palpatory anatomy This booklet is designed to present two complementary subjects stretching and strengthening Strengthening reduces risk of injury increases balance stability and flexibility keeping the body strong Stretching improves flexibility and range of motion This concise reference guide gives you Instructions for 100 guided strengthening exercises and simple stretches covering all the movements at the major joints Suggested uses of light equipment for stretching and strengthening Detailed four color illustrations demonstrating muscle movement during the exercises This reference manual quickly puts these fundamental subjects of manual therapy at your fingertips Great for manual therapists or anyone who values the benefits of stretching and strengthening 103 pages 120 images      Stretch & Strengthen for Rehabilitation and Development Bob Anderson,Donald G. Bornell,1984      Stretch & Strengthen Jenny Smith,AI,2025-02-13 Stretch Strengthen explores the profound benefits of incorporating regular stretching into your daily routine highlighting its impact on physical health energy levels and overall well being It emphasizes that stretching is not merely an optional warm up but a crucial element for injury prevention pain management and stress reduction The book traces the evolution of stretching from ancient practices to modern techniques providing a foundational understanding of how it affects muscles joints and connective tissues Did you know consistent stretching can improve circulation and alleviate mental fatigue The book uniquely combines scientific research clinical studies and expert interviews to offer a holistic and evidence based approach It progresses from fundamental stretching principles like static and dynamic techniques to exploring physical benefits such as enhanced flexibility and reduced muscle soreness Readers will discover how stretching can reduce mental fatigue and promote relaxation Each chapter offers practical exercises tailored to various needs empowering readers to make informed decisions about their stretching practices for improved fitness and health      Back Stretching David Nordmark,2012-11-30 Say Good Bye To Back Pain Learning to properly stretch your back can bring relief to you today If you suffer from back pain or

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*Musculoskeletal Care* American Academy of Orthopaedic Surgeons (AAOS),2021-09-23 *Essentials of Musculoskeletal Care Enhanced Fifth Edition* is a robust educational resource focused on how to evaluate and manage common musculoskeletal conditions

**15-Minute Stretch** Suzanne Martin,2022-03-01 Improve physical performance and overall health with these simple 15 minute stretches Do you need quick yet effective stretches for a leaner more flexible stronger you Then you ll love these four 15 minute workout plans for beginners This exercise book is filled with easy workouts to improve posture strengthen muscles and help with injury recovery and it includes sciatic stretches Here s what you ll find inside Four illustrated step by step sequences morning stretches posture stretch flexibility stretch and strength stretch At a glance summaries of the complete 15 minute sequences Clear step by step instructions allowing you to get an instructor led experience at home General information on the benefits of stretching Advice for beginners on safe practice and modifications for the sequences Stretching is for everyone whether you re a dancer or runner you need relief from sitting behind a screen all day A daily stretch routine can greatly alleviate aches and pains and improve your quality of life it s also a fantastic way to reduce stress This workout book combines stretches found in yoga and pilates practices and physical therapy It also gives you strategies for healthy living and relaxation techniques Each section has clear step by step photographs paired with easy to follow instructions and graphics to explain exactly what to do understand which muscles to focus on and where you need to feel the stretch At the end of each 15 minute program there s an at a glance summary of the routine 15 Minute Stretch will inspire you to slot these simple exercises into your schedule so you reap the benefits of enhanced health and fitness The 15 Minute series are easy to use exercise books for time poor people with a step by step approach for effective results Fit exercise into your busy life with short but effective programs Include 15 Minute Gentle Yoga 15 Minute Pilates 15 Minute Better Back for a total body workout

AAOS Essentials of Musculoskeletal Care AAOS, April Armstrong, Mark C. Hubbard,2018-06-26 *Essentials of Musculoskeletal Care Enhanced Fifth Edition* is a robust educational resource focused on how to evaluate and manage common musculoskeletal conditions This text is used for immediate point of care guidance in decision making and intervention and is a powerful educational product for many health professions dealing with the care of the musculoskeletal system The easy to understand content and crisp presentation appeal to health care professionals and students It is also a powerful tool to help educate patients regarding conditions and treatment

Guccione's Geriatric Physical Therapy E-Book Dale Avers, Rita Wong,2019-10-24 Selected for Doody s Core Titles 2024 in Physical Therapy Offering a comprehensive look at physical therapy science and practice Guccione s Geriatric Physical Therapy 4th Edition is a perfect resource for both students and practitioners alike Year after year this text is recommended as the primary preparatory resource for the Geriatric Physical Therapy Specialization exam And this new fourth edition only gets better Content is thoroughly revised to keep you up to date on the latest geriatric physical therapy protocols and conditions Five new chapters are added to this edition to help you learn how to better manage common orthopedic cardiopulmonary and

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Bob Swope, **Physical Rehabilitation of the Injured Athlete E-Book** James R. Andrews, Gary L. Harrelson, Kevin E. Wilk, 2012-02-01 Physical Rehabilitation of the Injured Athlete is a medical reference book that equips you to apply today s hottest strategies in non operative sports rehabilitation so you can help your patients return to play as quickly and fully as possible Send your players back to the field fast with the latest strategies in non operative sports rehabilitation Get balanced dependable guidance on sports rehabilitation from a multidisciplinary author team that contributes perspectives from orthopaedics and sports medicine athletic training and physical therapy Ensure effective treatment planning with a stronger emphasis on evidence based practice Master the latest with brand new chapters on Developing Treatment Pathways Biomechanical Implications in Shoulder and Knee Rehabilitation Temporomandibular Rehabilitation Thigh Rehabilitation Gait Assessment Functional Movement Assessment and Plyometric Training Drills Access the fully searchable text downloadable image bank and 9 online only appendices at [www.expertconsult.com](http://www.expertconsult.com) *Fundamental Orthopedic Management for the Physical Therapist Assistant* Robert C. Manske, 2015-05-22 NEW Differential Diagnosis and Emergent Conditions chapter shows how similar symptoms can mask potentially dangerous pathologies and conditions and may require re evaluation by the supervising therapist NEW Musculoskeletal Imaging chapter explains in basic terms the various types of musculoskeletal imaging used when examining musculoskeletal injuries NEW Orthopedic Management Concepts Specific to Women chapter covers the issues pathology and progression of women s health issues as they relate to physical rehabilitation NEW Full color

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