

# STRETCHING PROGRAM BETTER BACKS & BODIES

## OUTER LEG

- Stand upright and cross your right leg behind your left leg
- Lean forward slightly and to your left side until you feel a stretch on the outside of your right leg
- Hold for 30 seconds
- Repeat on the other side

TIP: Lean on a chair or wall for support



## STANDING BACK EXTENSION

- Stand with feet together with legs strong and quadriceps pulling up
- Tuck the tail bone under and suck your tummy in
- Place hands on the buttocks - not the lower back
- Looking forward, roll the shoulders back and down
- Gently arch the spine backwards
- Hold for 15 seconds
- Repeat 3-5 times



## QUADRICEPS STRETCH

- Keep an upright posture and lift your right foot off the ground
- Bend the right knee and grasp your right foot with your right hand
- Squeeze your bottom and push your hips forward
- Gently pull your ankle up and back until you feel a stretch in the front of your right thigh
- Hold for 30 seconds
- Repeat on other side

TIP: If you have trouble lifting your leg, place it on a chair



## CALF STRETCH

- Stand one foot in front of another with both feet facing forward
- Bend the front leg keeping the back leg straight and heels on the floor
- Keep hands on the hips while keeping the hips square
- Hold for 30 seconds
- Repeat on other side



## STANDING SIDE STRETCH

- Stand upright with feet together
- Place your left hand on your hip and bend your upper body to the right while continuing to face forward
- Hold for 30 seconds
- Repeat on the other side

TIP: Pushing gently with the hand on your hip can help to increase the stretch



## SIDE GROIN AND SHOULDERS

- Begin in a standing position and step your right leg to land with a bent knee facing the side
- Keep your left leg stretched out straight, toes facing forward
- Bring your left arm across your chest while using your right arm to pull it towards your chest
- Hold the stretch for 15-30 seconds
- Repeat on the other side with bent left leg and stretched out right arm



# Stretching For A Healthy Back Poster

**Julia Schneider**



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