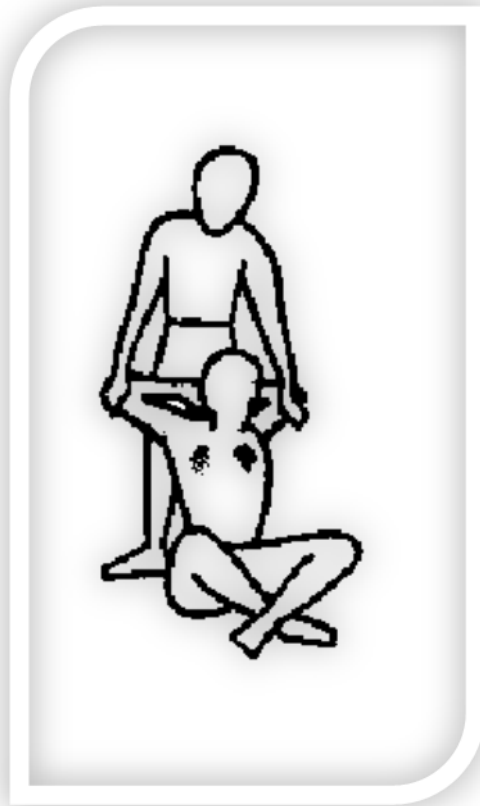
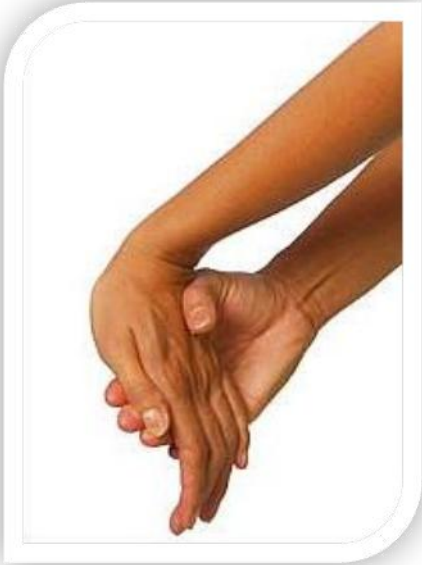
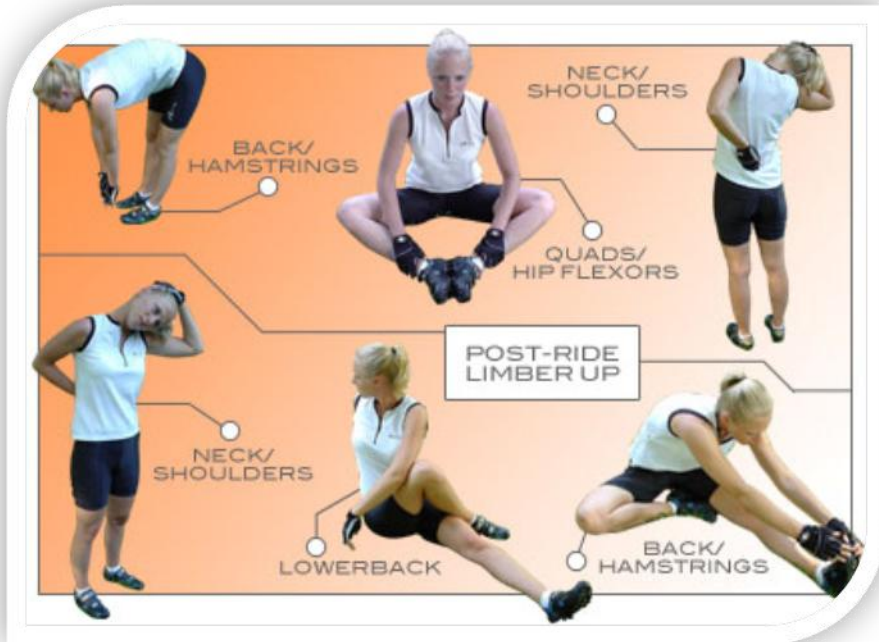
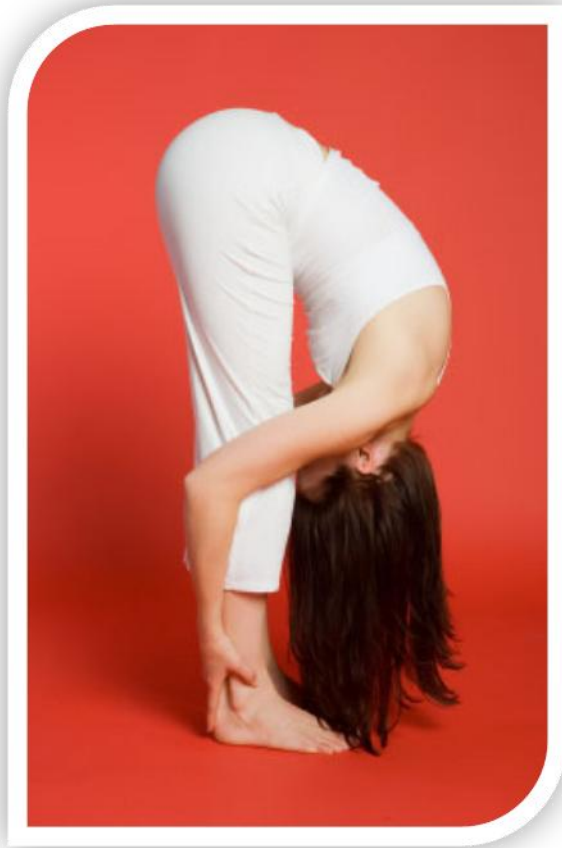
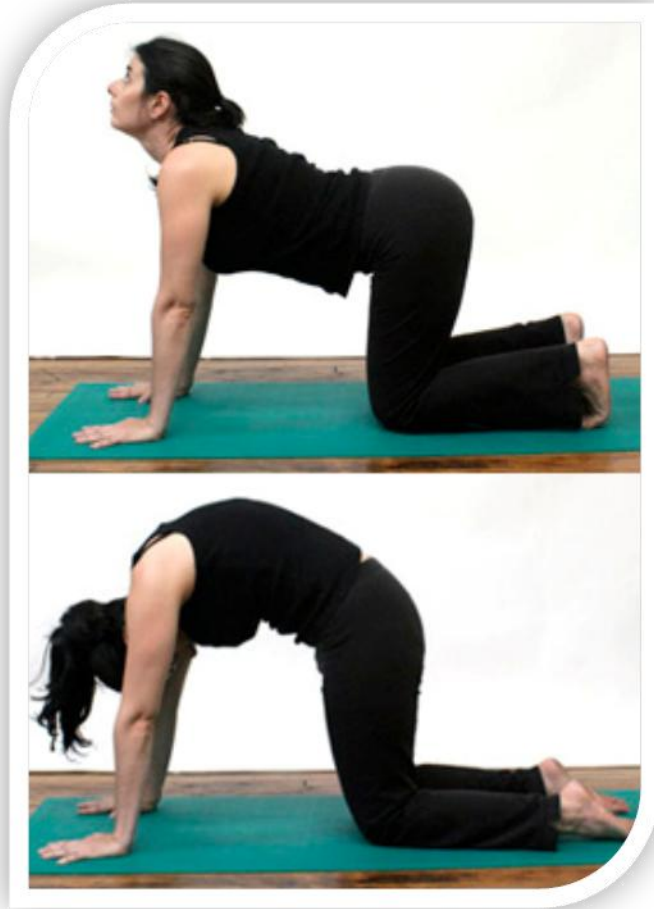


# *STRETCHING*

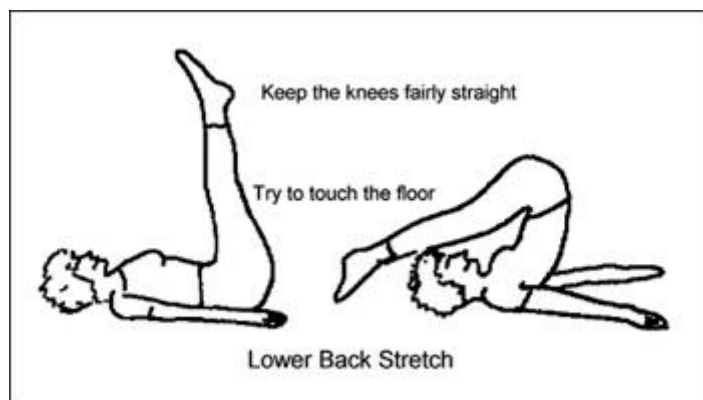












## SPINAL FLEXIBILITY & STRETCHING EXERCISES

Helps to build strong muscles to support your neck and back. **STRETCHING EXERCISES** increase flexibility and movement of the joints of the body and spine. Do exercises 5 to 10 times, 3 times a week, and don't do any that cause pain.

### LYING



Bend knees, lie on back, take a deep breath, place your hands on your thighs and relax.



Tighten your abdomen and buttocks. Press your lower back onto the floor. **ACTION** — stretches and strengthens stomach and back muscles.



Turn both knees to one side while rotating your head to the opposite side. **ACTION** — stretches lower back, mid back, muscles, and joints.



Pull both knees to your chest. **ACTION** — stretches lower back, buttocks and abdominal muscles.



Slowly raise hips upward. Keep a straight line from the knees to the shoulders. Do not arch your back. **ACTION** — stretches buttocks and stretches upper leg muscles.



Cross your arms, tuck your chin in, tighten abdomen, and curl halfway up. Use hands behind head for support only. (Do not pull). **ACTION** — strengthens abdominal muscles.

### LYING



Lie on your back with one leg bent and the foot flat on the floor. Extend the opposite leg straight out. Relax and allow your back to feel the floor.



With knee bent, pull it to your chest, keeping the opposite leg straight, press your knee and lower back to the floor. **ACTION** — buttocks muscles, back muscles and stretches hip.



Press your lower back against the floor, raise the straight leg until it is level with the bent knee. **ACTION** — strengthens and stretches quadricep muscles, hamstring muscles and stretches hip joints.

### PRONE



Lie on your stomach, raise one leg off the floor, while keeping the knee straight. **ACTION** — strengthens lower back, abdominal and leg muscles, stretches hamstrings and quadriceps.



Keep your neck in a normal position, push yourself up on your forearms. Keep hips and abdomen against floor. **ACTION** — strengthens posterior back muscles, attains normal low back curve.

### HANDS & KNEES



While on your hands and knees, keep your knees directly under your hips, your hands under your shoulders, keep abdominal muscles firm, keep your neck relaxed and in its normal position, that is, with your ears in line with your shoulders.



Drop your head down and press your back upwards by tightening your abdominal and buttocks muscles. **ACTION** — to strengthen abdominal and buttocks muscles and to stretch your lower and mid back.



Relax your stomach and buttocks muscles and allow your back to sag. Do not sit back on your hips. **ACTION** — to stretch back and abdominal muscles and help maintain lower back curve.



Stretch one arm straight out in front of you while maintaining your back and head position while keeping support arm straight. **ACTION** — strengthens and stretches your shoulder, upper back muscles and joints.



Extend your straight leg behind you while holding it parallel to the floor. Maintain your normal back and neck position. **ACTION** — strengthens buttocks, abdomen and leg muscles.

### NECK FLEX



Drop head forward, slowly. You will feel the stretch of your neck muscles.



Slowly drop head backward and you will feel the stretch of your front neck muscles.



Slowly turn your head from side to side. Feel the stretch of the muscles on the side of your neck. Do not strain.



Tilt your head to one side. This is to stretch the muscles on the side of your neck.

### NECK STRENGTH



Press forehead to palm. Resist forward motion.



Clasp hands behind head, press your head back, resist motion.



Turn head to one side, resist side motion with your hand.



Tilt head to other side, resist motion with hand.

# EXERCISE STRETCHES

### 1 NECK STRETCH

In a seated position, slowly tilt your head to the side until you feel a good stretch in your neck muscles. Hold for 10-20 seconds. Then tilt your head in the opposite direction.

**MUSCLES STRETCHED:**  
 • Upper back muscles  
 • Neck muscles

### MUSCLE AND STRETCHING GUIDE

**POINT OF FOCUS:**  
 1-7  
**TIME:**  
 2-6  
**POINT OF FOCUS:**  
 2-6  
**TIME:**  
 7  
**POINT OF FOCUS:**  
 8-9  
**TIME:**  
 3-7

### 7 SIDE AND BACK STRETCH

Stand with your feet about shoulder-width apart. Place your left hand on your left thigh, or hip, and raise your right arm overhead. Slowly reach over your head, bending at the waist. Reach over until you feel a good stretch in your back and side. Hold for 10-20 seconds. Switch arms and repeat.

**MUSCLES STRETCHED:**  
 • Neck muscles  
 • Back muscles  
 • Upper back (trapezius) muscles  
 • Inner arm  
 • Upper back  
 • Lower back  
 • Inner arm  
 • Neck  
 • Back of neck  
 • Hip  
 • Lower back  
 • Inner arm

### 2 CHEST AND SHOULDER STRETCH

In a sitting position, close your hands behind your head with your fingers interlaced. Slowly tilt your arms up and steady. Tighten your body until you feel a good stretch in your chest, shoulder, and arms. Hold for 10-20 seconds.

**MUSCLES STRETCHED:**  
 • Chest muscles  
 • Upper arm  
 • Inner shoulder  
 • Outer shoulder

### 8 INNER THIGH STRETCH

Sit on the floor with your knees bent and the soles of your feet together. Gently press your knees toward the floor with your elbows until you feel a good but uncomfortable stretch in your inner thigh. Hold for 10-20 seconds.

**MUSCLES STRETCHED:**  
 • Inner thigh  
 • Hip flexor

### 3 LOWER BACK STRETCH

Lying on your back, pull your knees to your chest and grasp the ends of your thighs. Slowly and your head up toward your knees until you feel a good stretch in your lower back and neck. Hold for 10-20 seconds.

**MUSCLES STRETCHED:**  
 • Lower back muscles  
 • Neck muscles  
 • Hip flexors

### 9 HAMSTRING STRETCH

Sit with your left leg extended and your left foot flat on the sole of your right leg. Bend your right leg, pull the heel toward your chest, and hold it up against the inside of your left leg. Hold for 10-20 seconds. Switch legs and repeat.

**MUSCLES STRETCHED:**  
 • Hamstrings  
 • Hip flexor  
 • Lower back  
 • Outer thigh

### 4 ARM AND BACK STRETCH

In a seated position for stretching, place your feet close to your head. Raise your arms behind your head, pull your arms and hands upward until you feel a good stretch in your arms, hands, and shoulders. Hold for 10-20 seconds.

**MUSCLES STRETCHED:**  
 • Upper back  
 • Neck muscles  
 • Inner arm  
 • Outer arm  
 • Shoulder  
 • Chest

### 5 HIP AND OUTER THIGH STRETCH

Lie on your back with your legs extended. Bend your right leg and draw your heel to your hip. Bend your leg until your knee is almost your shoulder. Slowly and your head in toward your shoulder until you feel a good stretch in your hip muscles. Hold for 10-20 seconds. Then repeat with left leg and repeat.

**MUSCLES STRETCHED:**  
 • Hip flexors  
 • Outer thigh  
 • Inner thigh

### 6 THIGH STRETCH

Lie on your side with your legs extended, knees slightly bent, and draw your shoulder forward. Bend your hip until your knee is almost your shoulder. Slowly and your head in toward your shoulder until you feel a good stretch in your thigh muscles. Hold for 10-20 seconds. Then repeat with other leg and repeat.

**MUSCLES STRETCHED:**  
 • Hip flexor  
 • Inner thigh  
 • Outer thigh

### 10 CALF STRETCH

Stand with your feet about shoulder-width apart and your hands on your hips for your arms extended and hands resting on a wall. Step forward with your left foot and keep the heel of your back foot firmly against the floor. Slowly raise your heel forward until you feel a good stretch in your calf muscles. Hold for 10-20 seconds. Switch legs and repeat.

**MUSCLES STRETCHED:**  
 • Calf muscles

**STRETCHING INSTRUCTIONS**

- Hold each position for 10-20 seconds at a time.
- Do not stretch your body beyond your comfort level.
- Repeat in each direction.
- Hold each position gently and slowly.
- Do not breathe in, out, or hold your breath while stretching.
- Do not stretch to the point of pain or discomfort.





# Upper Body Stretches

## Front of Neck / Back of Neck Stretches

Slowly tilt your head to one side as far as comfortably possible and hold for 10 seconds. Then tilt in the opposite direction and hold for 10 seconds.



Slowly turn your head to the right as far as comfortably possible and hold for 10 seconds. Then turn your head back to the left and hold for 10 seconds.



Slowly pull your head back and hold for 10 seconds. Then tuck your chin in toward your chest and hold for 10 seconds.



## Chest / Shoulder / Arm Stretch

Interlace your fingers behind your back and pull both arms up as high as comfortably possible. Hold for 10 seconds.



## Arm / Shoulder / Back Stretch

With your right arm bent at the elbow, rest your hand behind your neck. Using your left hand, gently pull your right elbow behind your head and hold for 10 seconds. Switch arms and repeat.



## Shoulder / Back / Neck Stretch

With your right hand, pull your right elbow across your chest as far as comfortably possible. Hold for 10 seconds, then, switch arms and repeat.



## Arm / Back / Chest Stretch

Interlace your fingers over your head and push the palms of your hands upward as high as comfortably possible. Hold for 10 seconds.



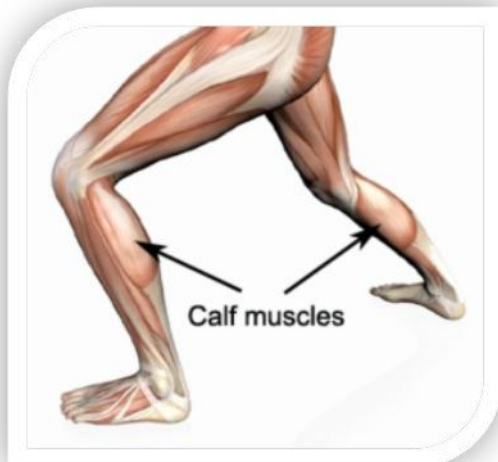
## Side / Back / Shoulder Stretch

With your hands overhead, touch or close your hands together. Keeping your legs straight, slowly bend to one side as far as comfortably possible. Hold for 10 seconds, then bend to the opposite side.



## Low Back / Neck / Hip Stretch

Lie on your back with your hands behind your knees. At the same time, slowly pull your head and knees close together. Hold for 10 seconds.



## Hip Muscles

Tensor fasciae latae

Sartorius

Rectus femoris

Vastus lateralis

Gluteus maximus

Iliotibial band

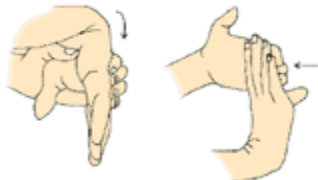
Side view

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# Stretching



**Pectoralis stretch**



**Wrist stretch**



**Upper trapezius stretch**



**Standing hamstring stretch**



**Quadriceps stretch**



**Standing calf stretch**



**Hip flexor stretch**



**Piriformis stretch**



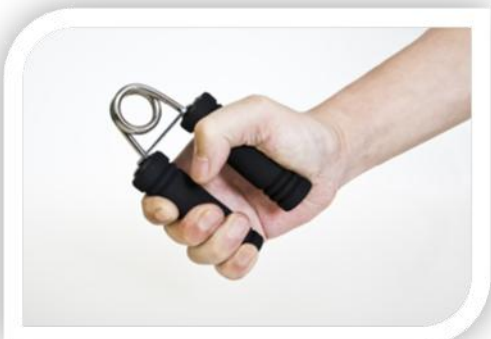
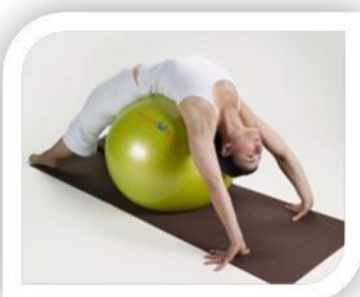
**Hip adductor stretch**



**Trunk rotation**



**Double knee to chest**



# Computer & Desk Stretches

Approximately 4 Minutes

Sitting at a computer for long periods often causes neck and shoulder stiffness and occasionally lower back pain. Do these stretches every hour or so throughout the day, or whenever you feel stiff. Photocopy this and keep it in a drawer. Also, be sure to get up and walk around the office whenever you think of it. You'll feel better!



10-20 seconds  
2 times



10-15 seconds



8-10 seconds  
each side



15-20 seconds



3-5 seconds  
3 times



10-12 seconds  
each arm



10 seconds



10 seconds



8-10 seconds  
each side



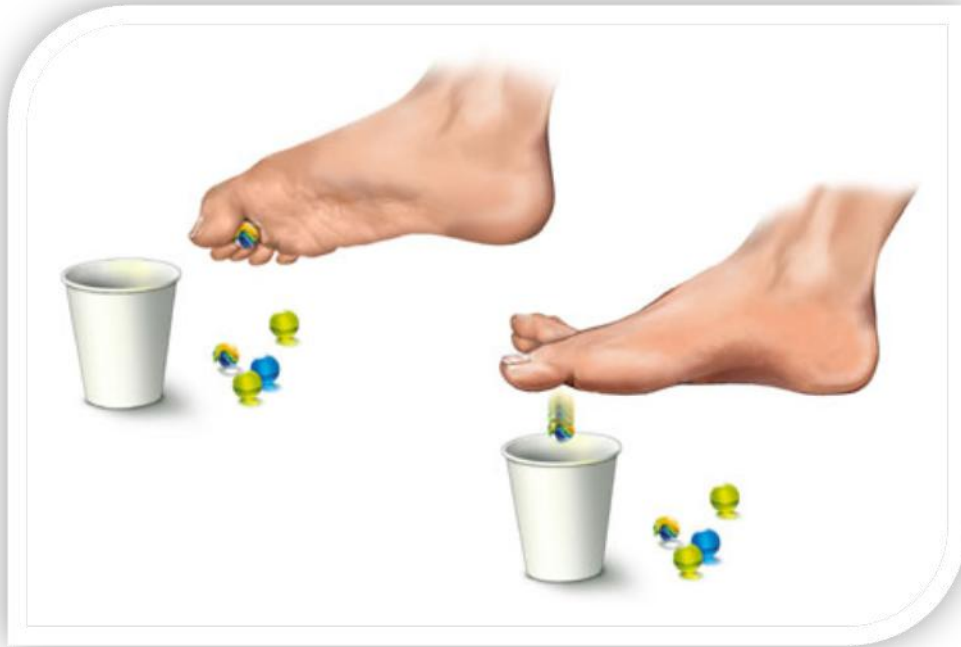
8-10 seconds  
each side

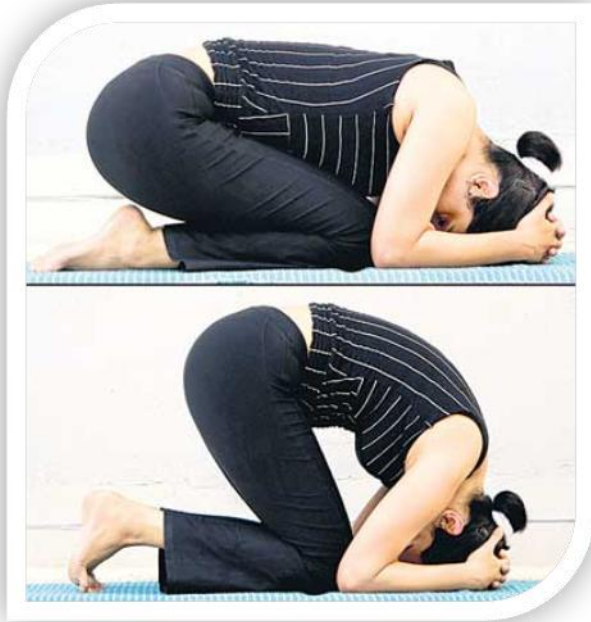


10-15 seconds  
2 times



Shake out hands  
8-10 seconds





1



2



3



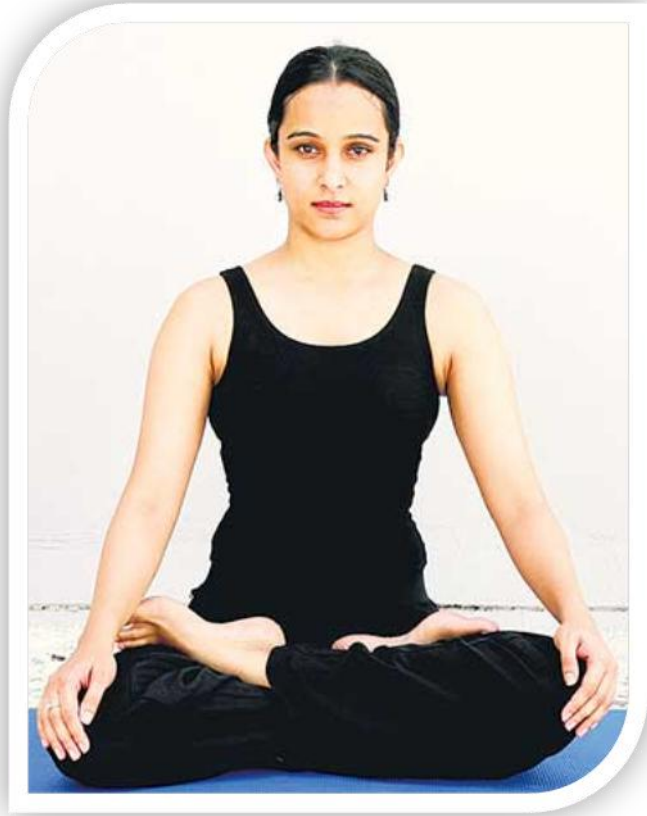




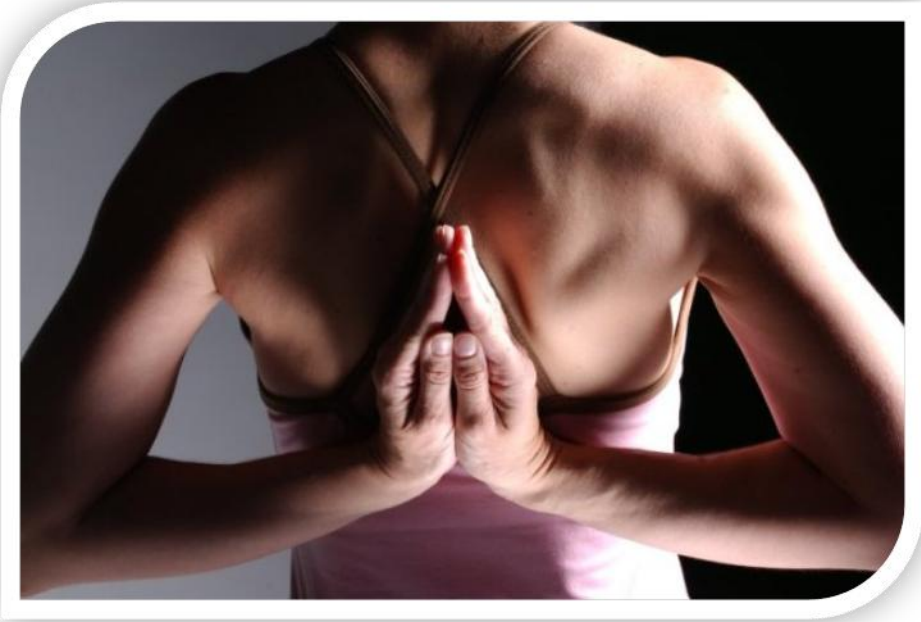
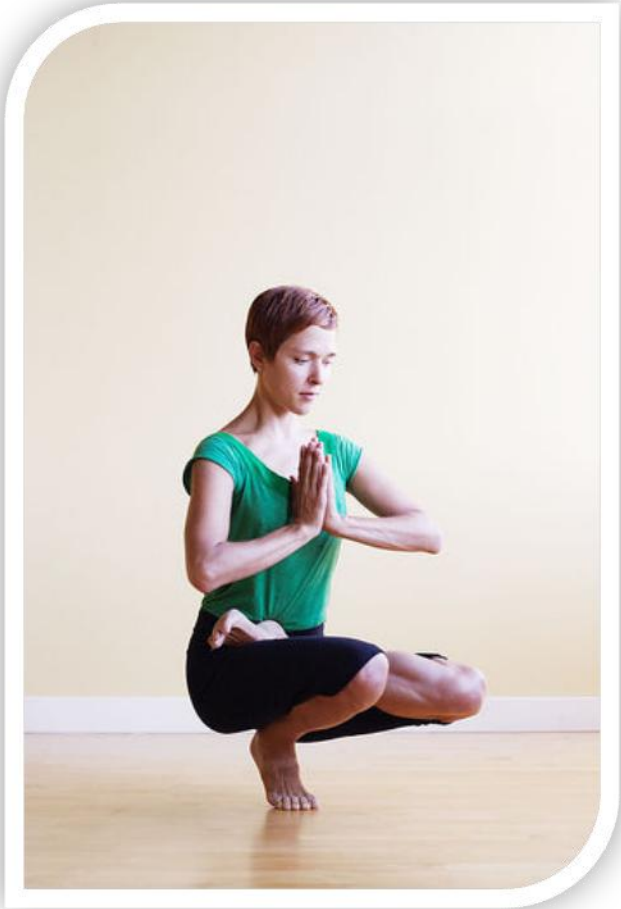














### Modified Superman

Lower Back



