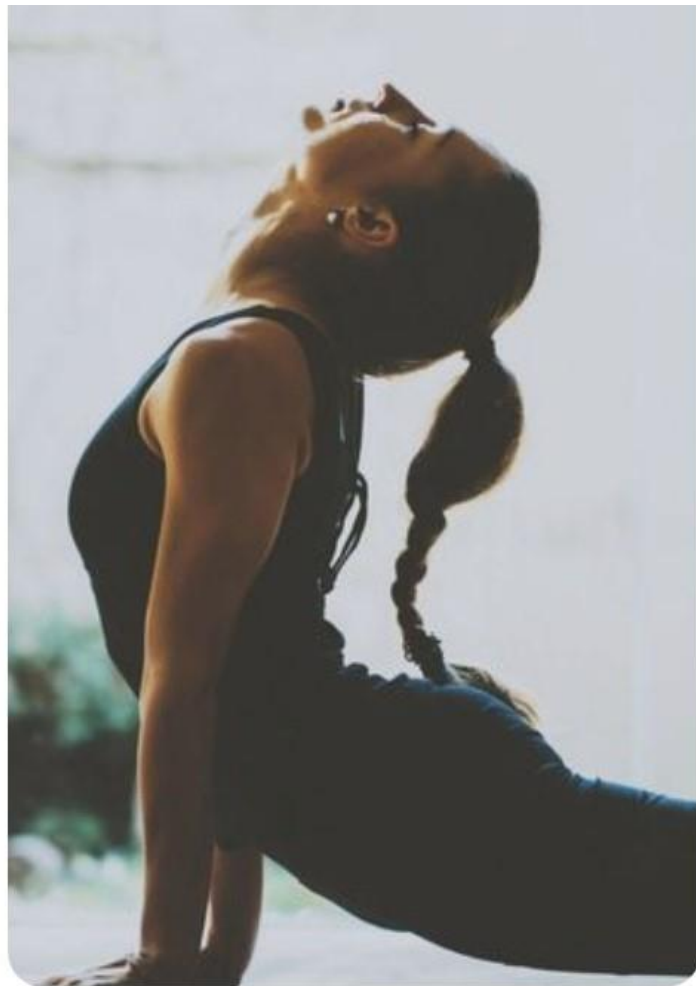


Quick Reference Guide: Stretches



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Here are a few stretches you can perform throughout the day to help eliminate muscle and joint stiffness!

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Warning: If you experience worsening of pain or any other concerning symptoms from performing these stretches, please contact your health care practitioner for an examination.

Tips: When performing these stretches it is important to be mindful of your movements. Please perform each stretch with a slow controlled movements. Do not use chairs, walls, etc to accentuate the stretch, as well as, do not be forceful or use bouncing motions as you do not want to cause injury. When performing each stretch, do not hold your breath and remember to breath.

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Spinal Stretches

Neck Stretches



Upper Trapezius Stretch

How To Perform:

While sitting straight in a chair, tilt your head to one side. Make sure you are not turning your head; keep your nose pointing forward. You should feel a stretch along the side of your neck. For an additional stretch, place your hand on your head to assist in bending your head to the side as shown.

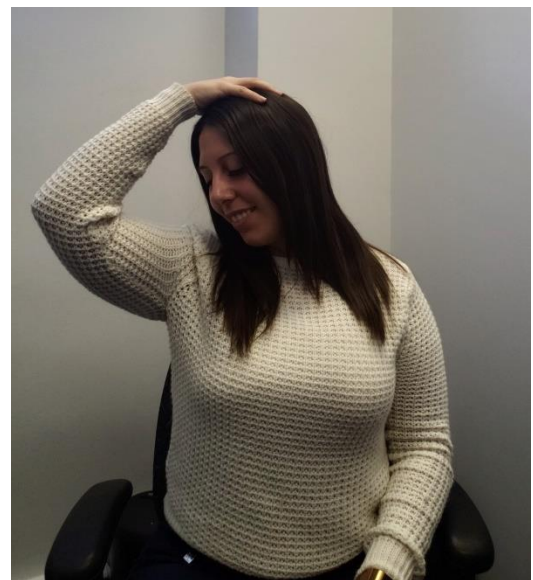
Hold for 15 seconds. Repeat on the opposite side.

Levator Scapula Stretch

How To Perform:

While sitting straight in a chair, you want to rotate your head to one side and look down so your nose is pointing to your armpit. You should feel the stretch down the back of your neck. For an additional stretch, take your hand and pull your head gently toward your armpit as shown.

Hold for 15 seconds. Repeat on opposite side.



Mid Back Stretches



Mid Back Elongation (One Arm)

How To Perform:

While sitting up straight in your chair, raise one arm up into the air. Slowly lean your body in the opposite direction to your raised arm. When leaning, do it from your waist and try not to fold in half. You are trying to elongate your body and you should feel a stretch down the side of the elevated arm.

Hold for 15 seconds. Repeat on opposite side.

Mid Back Elongation (Two Arm)

How To Perform:

While sitting up straight in your chair, raise both of your arms into the air. Focus on elongating your torso and slow deep breathes. You should feel a stretch in your chest, front of your shoulders and in your back.

Hold for 15 seconds.





Rhomboid Stretch

How To Perform:

While sitting upright in your chair, place one arm across your body. With the opposite arm, you want to gently pull the arm that is going across your body closer to you. You should feel a stretch along your upper back between your shoulder blades.

Hold for 15 seconds. Repeat on opposite side.

Mid Trapezius Stretch

How To Perform:

While sitting upright in your chair, place your hands and forearms together as shown. You then want to draw your shoulders and shoulder blades forward until a stretch is felt along your upper back.

Hold for 15 seconds.



Low Back Stretches



One Knee Stretch

How To Perform:

Lie on your back and lift one leg up as shown. Grab your leg under your knee (this helps to reduce knee pain while performing this stretch) and gently pull your knee to your chest. You will feel a stretch in your low back and buttock muscles.

Hold for 15 seconds. Repeat of opposite side.

Double Knee Stretch

How To Perform:

Lie on your back and lift both of your legs up as shown. Grab your legs under your knee (this helps to reduce knee pain while performing this stretch) and gently pull your knees towards your chest. You will feel a stretch in your low back and buttock muscles.

Hold for 15 seconds.





Child Pose

How To Perform:

Go on all fours (both hands and knees) like a table top position. Slowly lower your buttock to your heels. You will feel a stretch along your whole spine.

To stretch the sides of your back, you can lower your buttock to one side over one heel. Then lower your buttock to the opposite side. You will feel the stretch along the side of your body.

Hold for 15 seconds.

Upper Limb Stretches

Chest Stretches



Doorway Pec Stretch

How To Perform:

Stand in a doorway of standard width. Place one forearm against the door frame. Step forward with one leg, shifting body weight forward through doorway until moderate stretch is felt in the front of the shoulder. To increase the stretch, have your elbows at the same level of your shoulder.

Hold for 15 seconds. Repeat on opposite side.

Arm Stretches



Triceps Stretch

How To Perform:

With your affected arm, bend your elbow and raise your shoulder. Then use your other hand and gently pull your affected elbow back towards and over your head until a stretch is felt along the back of your arm.

Hold for 15 seconds. Repeat on opposite side.

Bicep Stretch

How To Perform:

Sit upright near the edge of your chair; place your affected arm back with palm side facing up on the armrest. You should feel a stretch at the front of your arm. *Please do this stretch with caution as you do not want to fall off your chair.*

You can also perform this stretch by standing in front of a table and placing your arm back with palm facing upward.

Hold for 15 seconds. Repeat on opposite side.



Forearm / Wrist Stretches



Thumb Extensor Stretch

How To Perform:

Extend your arm out in front of your body. Grip your thumb with your fingers and then bend your wrist downward as shown. You will feel a gentle stretch along your forearm.

Hold for 15 seconds. Repeat on opposite side.

Forearm/Wrist Flexor Stretch

How To Perform:

Place your arm in front of you with a bent elbow and your palm facing down. With your other hand, pull your hand back at your fingers. You will feel a stretch along the bottom of your wrist.

To feel a stretch in your forearm (from your elbow to your wrist), gently straighten your elbow while maintaining the previous hand position.

Hold for 15 seconds. Repeat on opposite side.





Forearm/Wrist Extensor Stretch

How To Perform:

Place your arm in front of you with a bent elbow and your palm facing down. With your other hand, pull your hand down at your fingers as shown. You will feel a stretch along the top of your wrist.

To feel a stretch in your forearm (from your elbow to your wrist), gently straighten your elbow while maintaining the previous hand position.

Hold for 15 seconds. Repeat on opposite side.

Lower Limb Stretches

Hip Stretches



Hip Flexor Stretch

How To Perform:

While lying on a table or high bed, slide to the edge to let the affected leg lower towards the floor until a stretch is felt along the front of your thigh.

At the same time, grasp your opposite knee (underneath the knee to avoid knee pain) and pull it towards your chest.

You should feel a stretch along the front of your hip and top of your leg.

Hold for 15 seconds. Repeat on opposite side.

Piriformis Stretch

How To Perform:

While lying on your back with your leg crossed over your knee. Place your hands around the opposite leg below the knee. If unable to reach, grab a towel and place it around the leg. Gently pull your leg up towards your chest as shown. You will feel a stretch along your buttock.

Hold for 15 seconds. Repeat on opposite side.



Thigh Stretches



Hamstring Stretch

How To Perform:

While standing, place the leg you want to stretch onto a low bed/chair/sofa. Keeping the outstretched leg straight and back straight, bend forward at the hips until a stretch is felt in the back of leg that is up.

Hold for 15 seconds. Repeat on opposite side.

Quadriceps Stretch

How To Perform:

While lying on your side, pull your heel on the upside leg towards your buttock until a stretch is felt in the front of your thigh.

Hold for 15 seconds. Repeat on opposite side.





Adductor Stretch

How To Perform:

Start in a standing position and feet pointing forward and spread wide apart. Next, slowly bend your knee to allow for a gentle stretch of the opposite leg as shown.

Maintain a straight knee on the target leg the entire time. You should feel a stretch on the inner thigh.

Hold for 15 seconds. Repeat on opposite side.

Leg Stretches



Calf Stretch

How To Perform:

Sitting up straight with your leg in front of you, put a towel or resistance band around your foot as shown. Next, gently pull the towel towards you. You should feel a stretch behind your lower leg.

Hold for 15 seconds. Repeat on opposite side.

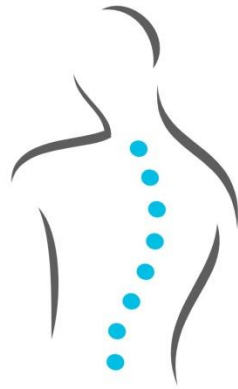
Tibialis Anterior Stretch

How To Perform:

Bring foot back as toes point behind you. The objective is to have the top of your toes touching the floor as shown. Gently but firmly put small pressure in your foot as if dragging foot forward. Very slowly turn heel outward till stretch is felt at the front of your shin.

Hold for 15 seconds. Repeat on opposite side.





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