

FLEXIBILITY TRAINING PACKAGE

General Instructions:

- Hold each stretch for 15 to 30 seconds. Repeat 1 to 2 times.
- Remember to breathe normally as you perform these exercises.
- Do not perform any exercise that cause you pain or discomfort. Speak to your exercise therapist for another option.
- Complete these stretches each day, or, at the end of your exercise session as part of your cool down.

MUSCLE GROUP: LEGS

QUADRICEPS STRETCH – FRONT OF LEG

- Stand with your feet hip-distance apart. Hold a sturdy object for balance if needed.
- If comfortable, grasp one foot, shoe or pant leg and pull the foot towards the buttocks. Keep knees together.
- The foot can rest on a chair to make it easier.



HAMSTRING STRETCH – BACK OF UPPER LEG

- Stand with your feet hip-distance apart. Hold a sturdy object for balance if needed. This stretch can also be done sitting in a chair.
- Bring the right leg forward. Point toes towards the ceiling. Keep torso straight and bend forward from the hip.
- Change the leg position and repeat on the other side.



CALF STRETCH – BACK OF LOWER LEG

- Stand with hands on the back of the chair. Step your right leg back, and your left leg forward.
- Both feet should be facing forward. Keep the back leg straight and heel on the floor.
- Slowly bend the front knee.



BUTTOCKS STRETCH

- Sit in a chair with a straight back. Place the right ankle on the left knee.
- Lean forward slightly.
- Change the leg position and repeat on the other side.



ADDUCTOR STRETCH

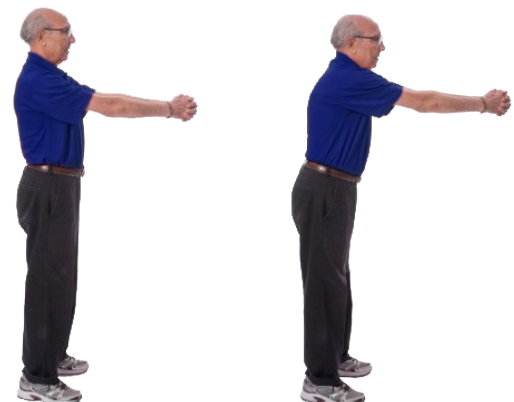
- Stand with your feet greater than hip-distance apart.
- Lean slightly to one side, bending that knee and resting both hands on the bent knee.
- Repeat with other leg.



MUSCLE GROUP: BACK & NECK

UPPER BACK & NECK STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Clasp hands and reach arms forward until you feel a mild pull between shoulder blades.
- Slowly bend head forward.



MUSCLE GROUP: CHEST

CHEST STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Clasp hands behind back.
- Gently lift hands up and away from body. Do not lean forward



CHEST WALL STRETCH

- Stand with a staggered stand beside a wall.
- Bend your right arm to form a capital 'L', and place the inside of your forearm on the wall.
- Turn your body away from your right arm, while stretching the right portion of the chest and squeezing for 5-10 seconds. Repeat with the other arm.



MUSCLE GROUP: SHOULDER & ARMS

SHOULDER STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Pull one arm across body at chest level.
- Slightly press on arm below the elbow with opposite hand.



TRICEPS STRETCH

- Stand with your feet hip-distance apart or sit in a chair with a straight back.
- Reach your hand behind your head, grasping your elbow and gently pulling.
- Hold for 10-20 seconds and repeat with the other arm.

