

MY HEALTH CHALLENGE HABIT

STRETCHING



Remember, you must stretch AND exercise to receive the 3 points for the MOVEMENT habit.

WHY WE SHOULD STRETCH

5-10 MINUTES OF STRETCHING EACH DAY HELPS TO

Improve functional capabilities (move, lift and function better)

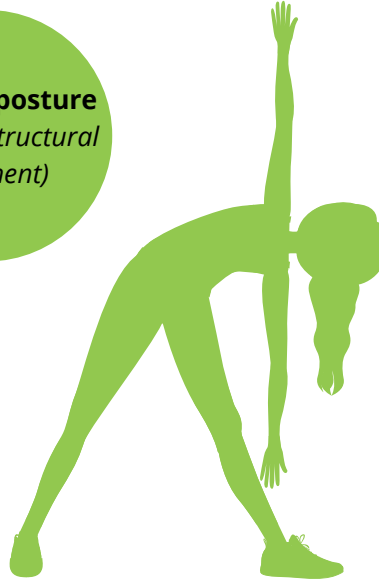
Improve posture (Improve structural alignment)

Improve appearance and self-image

Reduce pain & risk of injury (neck, shoulders, back, hips, knees and ankles)

Improve breathing

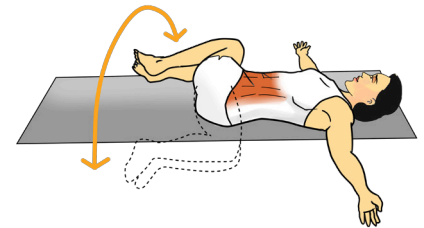
Improve quality of life and help to live longer



TYPES OF STRETCHES TO DO

The best stretches to perform are ones you feel motivated to do daily and the ones that help you feel and function better. To help you achieve this, we have created a list of common stretches below, to help show which muscles are tight and what to do to stretch them.

The stretches have been designed with limited equipment in mind and to be simple, so that everyone can perform them. **If you have the knowledge and equipment to perform other, more complex stretches, that align more with your specific needs, feel free to use them.**



HOW TO STRETCH

- 1** Perform each stretch shown below and note which ones feel tight.
- 2** Each day, spend **5-10 minutes stretching the tight muscles.** There is a cheat sheet on the last page for ease of use.
- 3** **Award yourself 3 points each day** for the completion of BOTH stretching and exercising.



HYPERMOBILITY

If you can perform certain stretches with ease, please leave them out. Instability and injury can occur when stretching an already hypermobile joint. Instead, spend 5-10 minutes each day strengthening the area - a trained health professional can help you here.

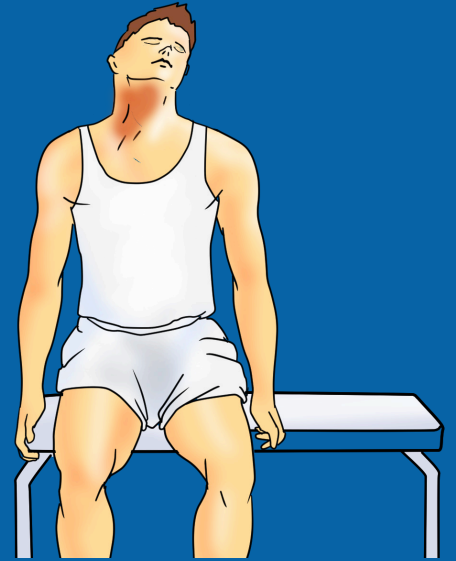
NECK STRETCH (FRONT)

(To stretch right side)

- Anchor your right shoulder by holding onto the edge of a chair or bench with the right hand and sit up tall.
- Tilt (side bend) your head left.
- Lift your chin so that you are looking up and away from the anchored hand.

Muscle groups: Scalenus Anterior, Scalenus Medius, S.C.M.

Hold for 30 seconds each side and perform up to 3 times



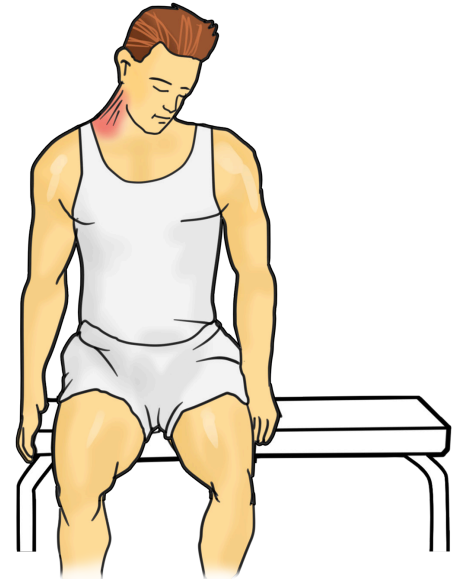
NECK STRETCH (SIDE)

(To stretch right side)

- Anchor your right shoulder by holding onto the edge of a chair or bench with the right hand and sit up tall.
- Tilt (side bend) your head left.
- Gently pull your chin towards your chest.
- Rotate your head to look at your left shoulder.

Muscle groups: Scalenus Posterior, Upper Trapezius, Splenius Capitus, Levator scapulae

Hold for 30 seconds each side and perform up to 3 times



HIP STRETCH

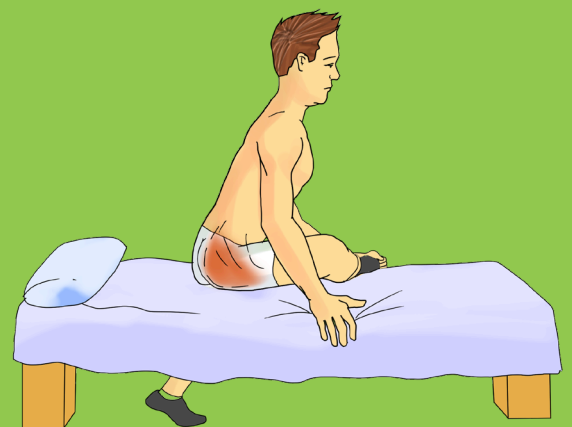
(To stretch right side)

- Sit the right hip on a bed or similar, with your right knee at 90 degrees.
- Lean forward toward your right knee, keeping your back straight (not bending forward).

NOTE: If you feel tight in your left hip, move the left leg forward slightly.

Muscle groups: Gluteus Maximus, Gluteus Medius, Gluteus Minimus, Piriformis

Hold for 30 seconds each side and perform up to 3 times



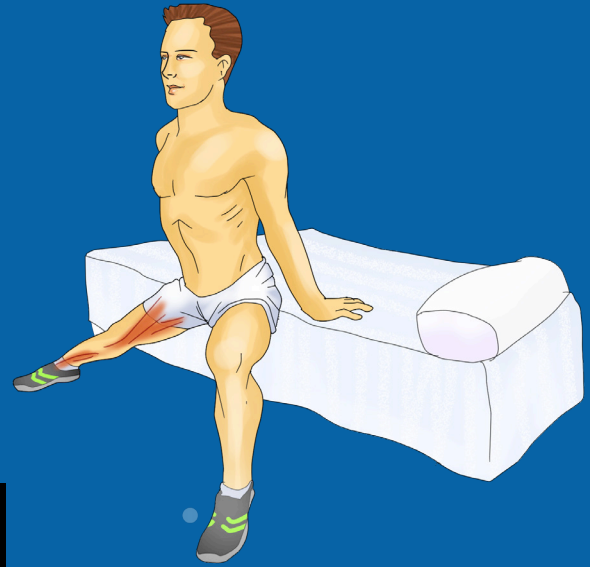
GROIN STRETCH

(To stretch right side)

- Sit the hips on the edge of a bed or similar, with your left leg at 90 degrees and your right leg straight.
- Lean forward at the hip, keeping your back extended (not bending forward).

Muscle groups: Adductor Magnus, Adductor Longus, Adductor Brevis, Pectineus

Hold for 30 seconds each side and perform up to 3 times



SHOULDER STRETCH

(To stretch right side)

- Holding a towel, reach your right hand behind your head and down your middle back.
- Keep upright with good posture as you grasp the end of the towel with the left hand. Hold as high up the towel as possible.
- Gently pull down with your left arm to assist the right shoulder and its stretch.

Muscle groups: Internal Shoulder rotators, Subscapularis (not shown), Pectoralis Major (not shown), Latissimus Dorsi, Triceps

Hold for 30 seconds each side and perform up to 3 times



TRUNK SIDE STRETCH

(To stretch left side)

- Stand in a doorframe with your weight on the right foot.
- Cross the right foot in front of the left so that your ankles are crossed.
- Reach overhead with your left hand to grip the doorframe as you push your right hip out.
- Be careful not to twist your trunk.
- Hold for 30 seconds.

Muscle groups: Latissimus Dorsi, Gluteus Medius, Gluteus Minimus, Iliotibial Band (ITB)

Hold for 30 seconds each side and perform up to 3 times



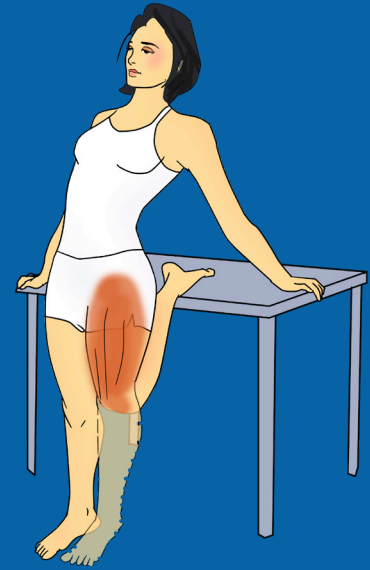
QUADRICEP STRETCH

(To stretch left side)

- Use a table or similar that gives you a good stretch. Just lower than waist height is ideal, however start where you can.
- Place your left foot on the table behind you, keeping your head and chest up.
- Ensure a well balanced body position.
- Lean back until you feel a stretch, keeping your hips forward.

Muscle groups: Quads, Rectus Femoris, Vastus Medialis, Vastus Intermedius, Vastus Lateralis, Sartorius, Ilio-Psoas

Hold for 30 seconds each side and perform up to 3 times

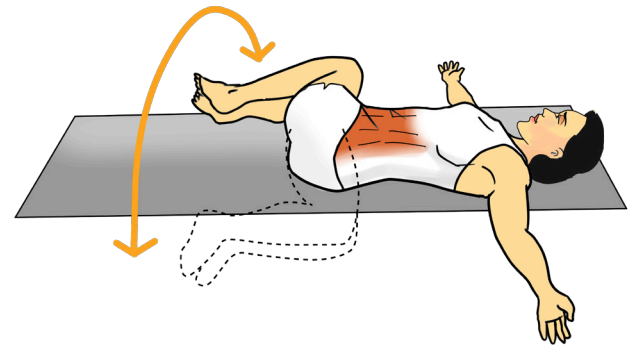


TRUNK ROTATION STRETCH

- Lie on a mat facing up, with arms in a T shape and palms facing up.
- Flex hips and knees to 90 degrees.
- Keep both feet touching each other as you rotate your trunk to one side.
- Go as far as you comfortably can, while ensuring your shoulders stay in contact with the floor and hold for 3 seconds.

Muscle groups: Trunk Rotation, Obliquus Internus and Externus, Quadratus Lumborum,

Perform 10 repetitions on each side, up to 3 times



HAMSTRING STRETCH

- Stand with feet shoulder-width apart and your knees slightly bent.
- Bend forward to around 45 degrees, keeping your spine straight and lower back arched.
- Put your hands on your knees for support if needed.
- Straighten your knees.

Muscle groups: Hamstrings, Biceps Femoris, Semitendinosus, Semimembranosus

Hold for 30 seconds and perform up to 3 times

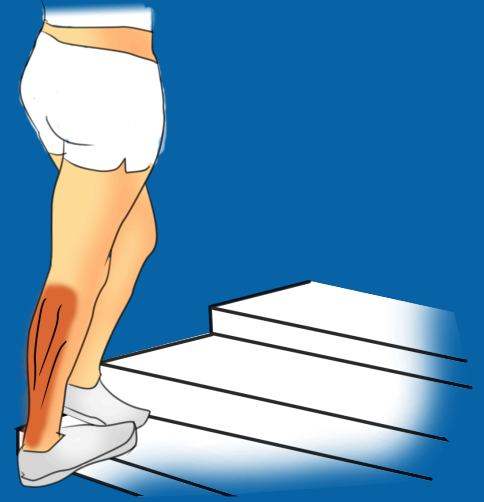


CALF STRETCH

- Begin by taking one foot half way off the edge of a step.
- Keep your weight firmly supported on the ball of your foot as you lower your heel.
- Keep your knee straight.

Muscle groups: Calves, Gastrocnemius

Hold for 30 seconds each side and perform up to 3 times



ANKLE MOBILITY

- Begin in a lunge position with the toes just back from a wall.
- Keep your heel flat and do not let your foot collapse inwards.
- Gently push your knee towards the wall.
- Hold for 3 seconds, then return to starting position.

Mobilises: Ankle Joint, Talo-Crural Joint, Soleus

Perform 10 times each side



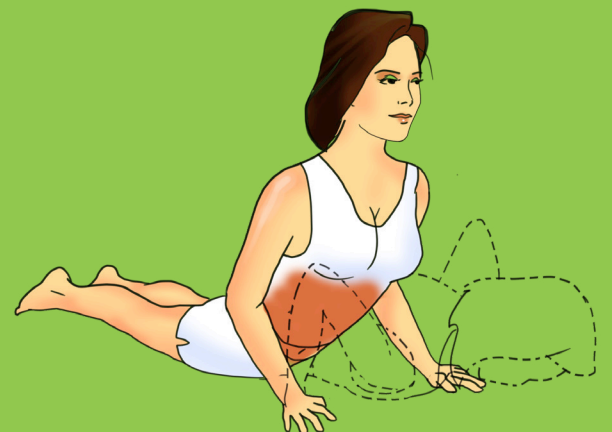
LOW-BACK MOBILITY

- Lie down on a mat with your hands by your shoulders in a push-up position.
- As you breathe out, push your upper body gently away from the ground allowing your low back to arch. Your hips remain in contact with the floor.
- Keep completely relaxed through the muscles of your low back for this whole stretch.
- Inhale as you return to the floor.

If achieving this position feels a little too much to begin with, start by simply resting on your elbows for the first few weeks.

Mobilises: Lumbar Spine, Torso

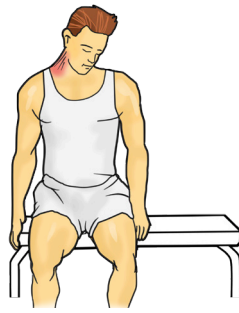
Perform 5 - 10 times with your breath





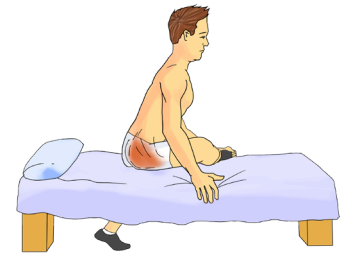
NECK STRETCH (FRONT)

Hold for 30 seconds each side and perform up to 3 times



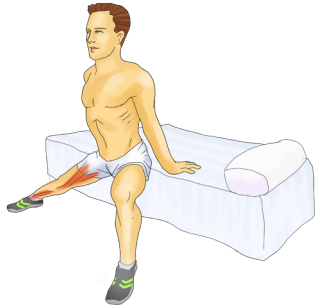
NECK STRETCH (SIDE)

Hold for 30 seconds each side and perform up to 3 times



HIP STRETCH

Hold for 30 seconds each side and perform up to 3 times



GROIN STRETCH

Hold for 30 seconds each side and perform up to 3 times



SHOULDER STRETCH

Hold for 30 seconds each side and perform up to 3 times



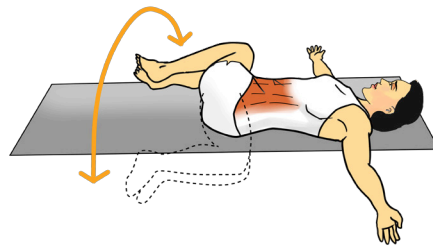
TRUNK SIDE STRETCH

Hold for 30 seconds each side and perform up to 3 times



QUADRICEP STRETCH

Hold for 30 seconds each side and perform up to 3 times



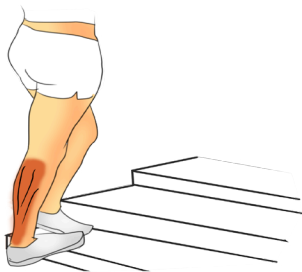
TRUNK ROTATION STRETCH

Perform 10 repetitions on each side, up to 3 times



HAMSTRING STRETCH

Hold for 30 seconds and perform up to 3 times



CALF STRETCH

Hold for 30 seconds each side and perform up to 3 times



ANKLE MOBILITY

Perform 10 times each side



LOWER BACK MOBILITY

Perform 5 - 10 times with your breath