

STRETCHING PROGRAM BETTER BACKS & BODIES

TRICEPS

- Lift both arms above your head and bend elbows so that your forearms are behind your head but not resting on it
- Gently grasp your left elbow with your right hand
- Gently reach your left hand towards the centre of your shoulder blades
- Keep your face looking forward
- Hold for 15-30 seconds
- Repeat on opposite side



CHEST

- Place your hands behind your head and point your elbows to the side
- Feel a stretch by pushing your elbows as far back as possible, squeezing your shoulder blades together
- Hold the stretch for 20 seconds
- Repeat 3-4 times



SHOULDERS

- 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



SHOULDERS & CHEST

- Standing upright, interlace your hands behind your back
- Keep your arms straight and slowly lift your hands upwards
- Hold the stretch for about 20 seconds
- Repeat stretch 3-4 times



WRIST

See image 1

- Sit or stand with feet flat on the floor
- Extend your right arm in front of your right shoulder with your palm facing up
- Use your left hand to gently pull your fingers towards you
- Hold for 20 seconds
- Repeat on other side

See image 2

- Sit or stand with feet flat on the floor
- Extend your right arm in front of your right shoulder with your palm facing down
- Use your left hand to gently pull your fingers towards you
- Hold for 20 seconds
- Repeat on other side



STRETCHING PROGRAM BETTER BACKS & BODIES

NECK ROLL

- Begin with your chin tucked into your chest
- Inhale and roll your head toward your right shoulder and continue a circular motion toward your left shoulder until your head is back to the starting position
- Repeat 3 times
- Repeat in opposite direction



SHOULDER SHRUG

- Begin by looking straight ahead
- Slowly raise both shoulders up and let them roll back and then down, returning to the start position
- Repeat 5-10 times



NECK SIDE FLEX

- Lower your ear towards your shoulder
- Keep your face looking forward and relax the shoulders
- Hold the stretch for 20 seconds
- Repeat 2-3 times on both sides



NECK TWIST

- Sit or stand upright
- Turn your head toward your left shoulder, to the point of pressure, but not pain
- Hold the stretch for 5 seconds
- Repeat 5-10 times on each side



SHOULDERS & CHEST

- Standing upright, interlace your hands behind your back
- Keep your hands straight and slowly lift your hands upwards
- Hold the stretch for 20 seconds
- Repeat 3-4 times



CHEST

- Place your hands behind your head and point your elbows to the side
- Feel a stretch by pushing your elbows as far back as possible, squeezing your shoulder blades together
- Hold the stretch for 20 seconds
- Repeat 3-4 times



SHOULDERS

- Extend your arms above the head with fingers interlaced and palms facing the ceiling
- Stretch the arms upward, keeping the shoulders relaxed
- Ensure the shoulders and hips remain aligned
- Hold the stretch for 20 seconds
- Repeat 3-4 times



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 bended 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

