





GUIDE TO S_T_R_E_T_C_H_I_N_G

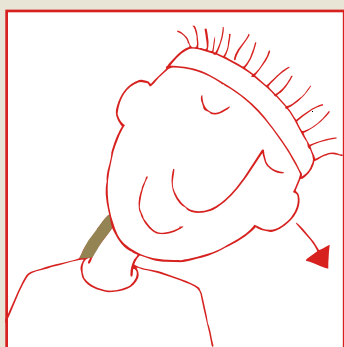
Welcome to a philosophy of body maintenance. Most animals (watch your cat) stretch each morning, skilfully stretching out each muscle. People have forgotten this simple and natural skill which mobilises joints and tendons. We recommend you join our introductory seminars to learn these stretches and that you do them **every morning for life**. A habit of stretching is safe, will prevent injury, improve posture, correct muscle balance and soothe arthritic pain.

GENERAL INSTRUCTIONS:

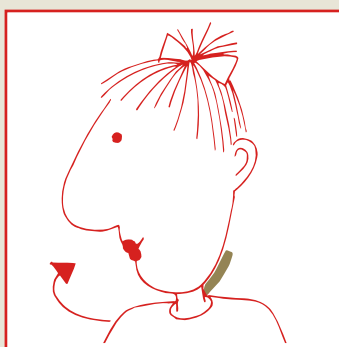
- Stretching should follow a *three minute warm up* – walk, cycle or jog.
- Take several *deep breaths* expanding the diaphragm and chest.
- Each stretch should be held for *20 seconds without causing pain*.
- Repeat each stretch *three times on each side*.
- Fitness also includes strength, endurance, balance and co-ordination.
- If you have joint problems see a doctor or physiotherapist first.

KEY	
	Direction of stretch
	Muscle Stretch

NECK



1. Trapezius: Keeping shoulders down and level, stretch head to side.

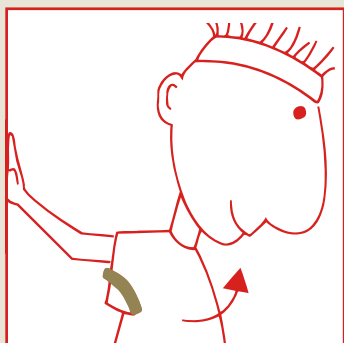


2. Neck Rotation: Slowly twist head to look over shoulder.

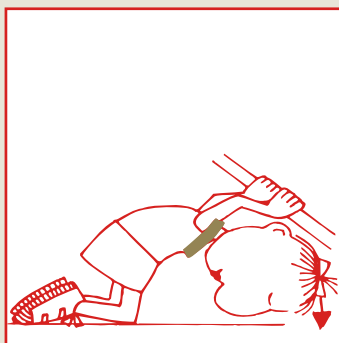


3. Neck Retraction: Keep head level and gently push chin back.

SHOULDERS



4. Pectorals: a) Palm against wall at head height, twist body away.



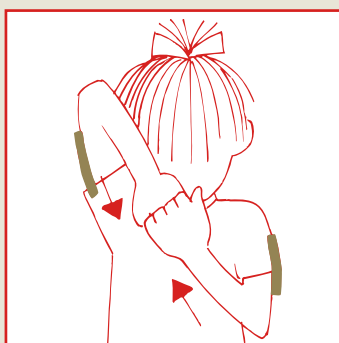
b) Hands on desk, bend head and shoulders down and forward.



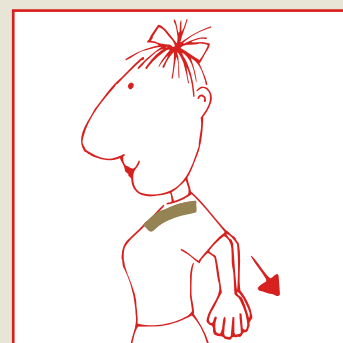
c) Lying on front, keep legs straight and arch back upwards. Look up.



5. Rotator Cuff: a) Forearm over opposite shoulder, push elbow backwards.

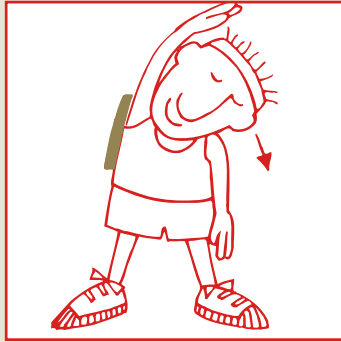


b) Aim to link hands behind back.

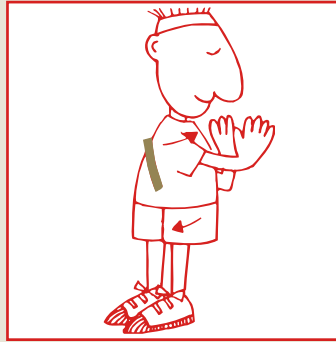


6. Shoulder Flexors: Lock fingers stretch arms **down** and back.

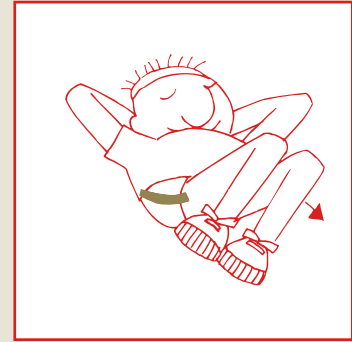
BACK



7. Side Flexion: Legs apart, bend sideways sliding hand down thigh.

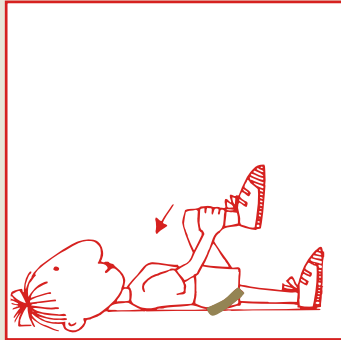


8. Rotation: a) Feet facing away and firmly planted, rotate and touch wall.



b. Lying on back, legs bent and together, lower to side.

HIPS AND LOWER LIMBS



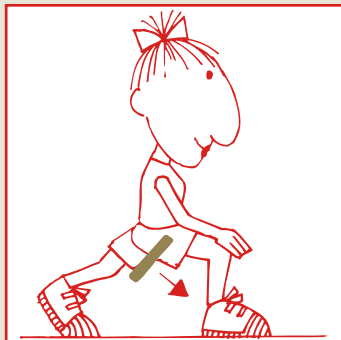
9. Gluteals: Lie on back and bring knee over chest. Add pressure to opposite side.



10. Ilio-tibal Band: Sit with foot against opposite thigh. Pull knee to chest and keep back straight.



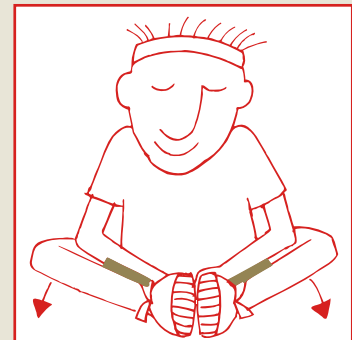
11. Hamstring: Leg raised on bench, straighten leg and then back. Hips square.



12. Iliopsoas: Push hips forward and down. Keep hips square and stomach tight.

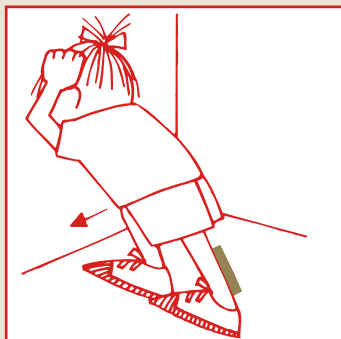


13. Quadriceps: Pull foot up behind. Push knee backwards, keep belly sucked in.



14. Adductors: Sit with soles of feet together and push knees to floor.

CALF



15. Gastrocnemius: Keep leg straight while leaning hips forward.



16. Soleus and Achilles Tendon: Bend knee and push latter down and forward.

BALANCE

Stand in bare feet on one leg and try to balance with eyes closed for 30 seconds on each foot.

With eyes closed reach slowly up on to toes attempting to “touch the sky”. Keep stomach tight and back flat.