

Stretching Tips

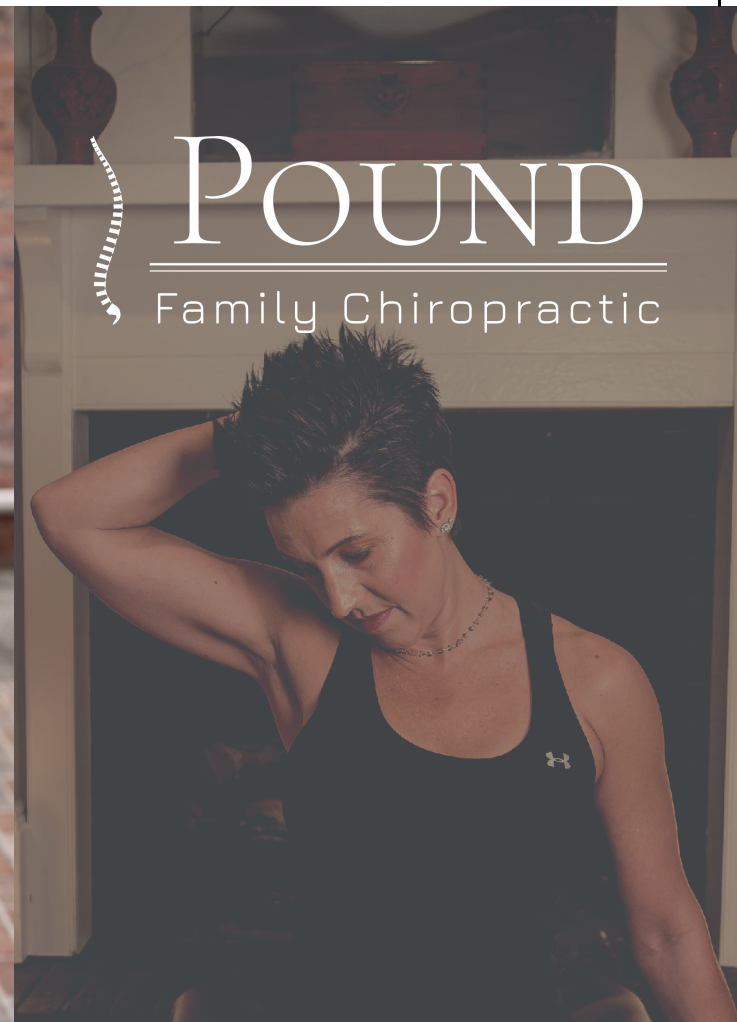
Before you begin, make sure you can stretch safely and effectively. While you can stretch anytime or anywhere, you want to be sure to use the proper techniques.

1 HOLD YOUR STRETCH
Hold each stretch for 30-60 seconds.. Breathe normally as you stretch.

2 DON'T BOUNCE
Stretch in a smooth movement, without bouncing. Bouncing as you stretch can cause injury to your muscle.

3 DON'T AIM FOR PAIN
Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.

4 CONSISTENCY IS KEY
You can achieve the most benefits by stretching at least two to three times a day. By not stretching regularly you risk losing any benefits that stretching offers.



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Stretching
Exercises

HEALTHY STARTS HERE

LOWER BODY

PIRIFORMIS/GLUTE STRETCH:



Laying: Lay on back, bring the right knee to chest. Take the right hand to the right knee, left hand to the right ankle. Pull right knee toward the chin. You should feel this in the right glute and upper leg. Hold for 30-60 seconds.

Repeat on the left.

Seated: Cross the right ankle over the left knee.

Hold the right ankle with both hands, sit tall, and pull your body forward. Hold for 30-60 seconds.

Repeat on the left.



HAMSTRING/CALF STRETCH

Standing: Place the right heel on the stool or chair. Stand tall, pull toes back toward you, and press your hips back. You should feel this in the right leg. Hold for 30-60 seconds. Repeat on the left.



QUAD/ HIP FLEXOR STRETCH:

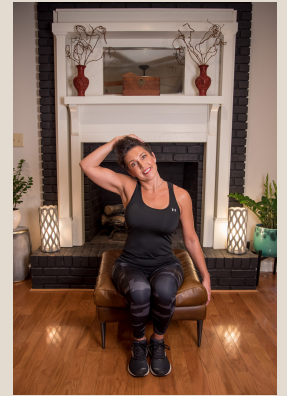


Standing: Take the right leg back into a lunge position. Press the left knee forward while slightly tilting the hips back. You should feel this in front of the right leg. Hold for 30-60 seconds. Repeat on the left.

UPPER BODY

TRAPS/ UPPER BACK STRETCH

Seated: In a chair, hold onto the edge of the chair between your legs and lean back. Keep your back rounded and chin lowered and relaxed. Tilt your head to the left. You should feel stretch in the right upper back. Hold for 30-60 seconds. Repeat on the left.



MID BACK STRETCH

Standing: Take your right hand and grab onto the door frame. Pull your body back and feel the stretch between shoulder blades. Hold for 30-60 seconds. Repeat on the left.

CHEST/PECS STRETCH

Standing: Go inside a door frame and place both of your hands at head/ shoulder height. Lean your body forward through the door frame. You should feel it in the chest/pectoral muscles. Hold for 30-60 seconds.