

Basic Stretching Program

Just doing a few minutes of stretching to your major muscle groups can reap many benefits. This program is designed to give you a simple yet comprehensive assortment of exercises.



Triceps Stretch

1. Starting position: This exercise may be done while standing or seated. Reach both arms overhead, bend the right elbow and grasp it with the left hand. The right hand should be pointing straight down the back.
2. Pull the elbow up and slightly back and hold for at least 20 seconds.
3. Repeat on the other side.



Deltoid Stretch – Rear

1. Starting position: Sit or stand with good posture. Cross the right arm across the front of the body at neck level. Grasp the elbow with the left hand while keeping the shoulders down and relaxed.
2. Press the elbow toward the neck and hold for at least 20 seconds.
3. Repeat on the other side.



Chest Stretch

1. Starting position: Stand beneath a doorway. Bend the left arm and place the forearm against the wall with the elbow at shoulder height.
2. Rotate the body away from the arm and hold for at least 20 seconds.
3. Repeat on the other side.



Calf Stretch – Wall

1. Starting position: Stand approximately two feet away from a wall and place hands on wall at about shoulder height. Place one foot at the base of the wall with the heel on the floor and toes against the wall.
2. Slowly straighten the knees and press the chest toward the wall to feel a stretch in the back of the lower leg.
3. Hold for at least 20 seconds and repeat on the other side.



Inner Thigh

1. Starting position: Stand with feet three or more feet apart and toes turning outward. Bend one knee and lunge to one side, being careful not to allow the knee to extend beyond the toes.
2. Keeping weight on bent leg, lift the toes of the extended leg to increase the stretch in the inner thigh. Keep torso upright and head lifted.
3. Hold for at least 20 seconds.



Quadriceps Stretch – Lying

1. Starting position: Lie on your side with your legs extended and your lower arm or hand supporting your head. Bend the top knee and grasp the top of the foot with your hand. Knees should be in alignment.
2. Press the top hip forward to feel a stretch along the front of the thigh.
3. Hold for at least 20 seconds and repeat on the other side.



Hamstring Stretch – Lying

1. Starting position: Lie on your back with your legs extended. Lift one leg up and grasp behind the thigh or knee with both hands as you bring the knee to the chest.
2. Press the heel up toward the ceiling as you straighten the leg.
3. Hold for at least 20 seconds and repeat on the other side.