

General recommendations on the use of static stretching:

- It is appropriate to stretch before or after exercise
- Muscles that are tighter/ shorter than ideal or those stressed often benefit from daily static stretching
- Consult a specialist if you are unsure of how to safely and effectively stretch a muscle
- Consult your doctor or physiotherapist before stretching an injured muscle

Sleeper stretch (internal shoulder rotators):

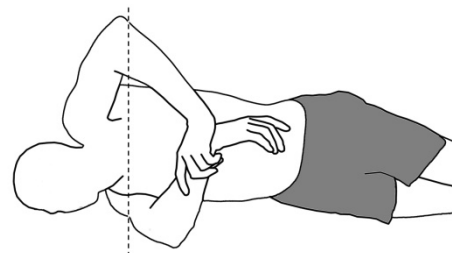
The shoulder under stretch (at bottom) must be blocked (prevented from moving) throughout by the position of your torso above it. The head should be unsupported.

Gently rotate the lower arm downward to the barrier point.

This stretch is essential for throwing sports, tennis players, and swimmers.



HOLD FOR 45s EACH SIDE

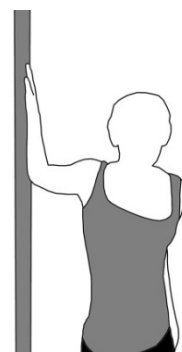


Pec major stretch:

Place your elbow and arm against the wall as shown. Gently rotate your body away from the wall until a stretch is felt in the front of the shoulder and upper chest.



HOLD FOR 45s EACH SIDE

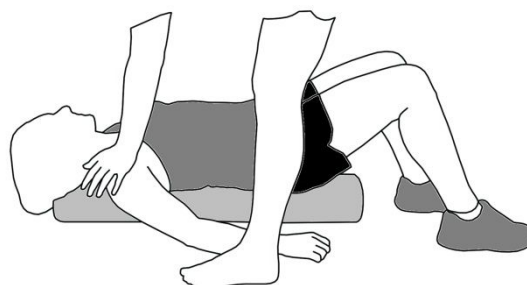


Pec minor stretch:

Lie on your back with a rolled towel or foam roller down your spine. A partner places the palms of their hands on the ball of your shoulder joints at the front. Have them gently press your shoulders down and away from your chest.



HOLD FOR 45s EACH SIDE



Thread-the-needle stretch (rhomboids):

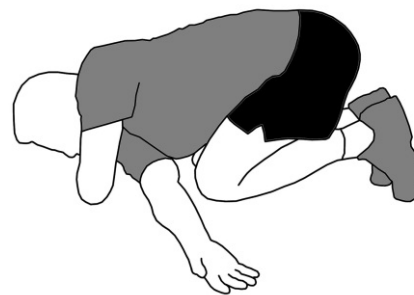
Kneel on your elbows with your butt on your heels.

Slowly slide one arm between the elbow and knee with palm face up as shown.

This stretch is ideal for individuals who sit at a desk for prolonged periods.



HOLD FOR 45s EACH SIDE



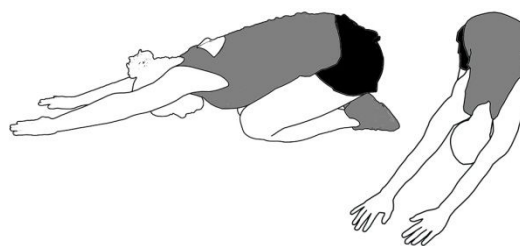
Streamline stretch (lat dorsi):

Kneel as shown and slide your hands as far forward from your shoulders as possible.

Slowly walk your fingertips to one side of your body – move only your shoulders and arms – until a stretch is felt. Hold for 30s and then move your arms to the other side to repeat.



HOLD FOR 30s EACH SIDE



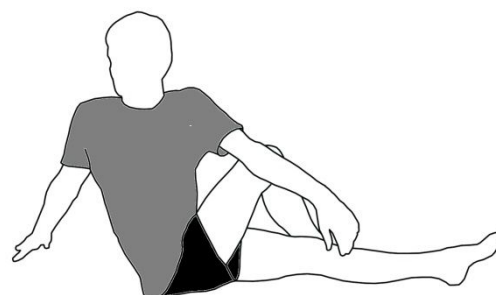
Seated lower back stretch (lumbar tissues & glutes):

Sit up tall and place your hand as far behind you (around the corner) as possible. Push hard against your knee to achieve maximal rotation.

This stretch is ideal for individuals with tight lower backs and hip stabilisers.



HOLD FOR 45s EACH SIDE



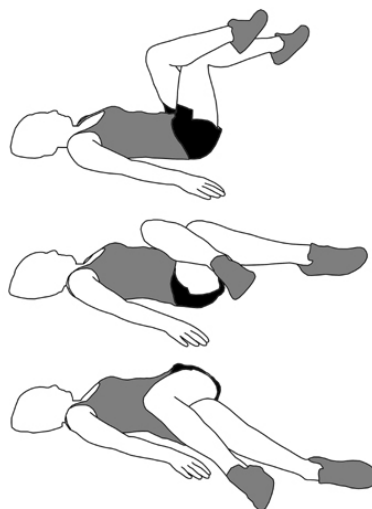
Lying lower back stretch (lumbar tissues):

Lie on your back with bent legs and feet off the ground. Place a leg over the opposite knee as shown. Slowly rotate your lower body toward the floor. Pull the underside knee higher up or slide it lower down to regulate the degree of stretch.

Keep both shoulders in contact with the floor throughout.



HOLD FOR 45s EACH SIDE



Hip flexor stretch:

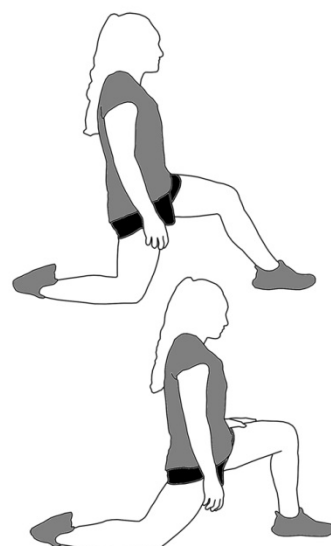
Kneel with your foot out in front as shown. Engage your core and 'tuck' your pelvis backward (pull your belly button in) to place the top of the back leg under stretch.

Gently push your butt forward to achieve a greater stretch as needed.

This stretch is important for individuals in running and kicking sports.



HOLD FOR 45s EACH LEG



Hamstring wall stretch:

Move your butt as close to the wall as your hamstrings will allow – your hips must remain on the floor.

Use the single leg version when you are tighter in one hamstring than the other.

This stretch is important for running sports and cycling.



HOLD FOR 5min



External hip stretch:

Lie on your back with knees/ feet drawn up. Place one leg/ foot across the opposite knee in front (as shown). Grip the back leg from behind and gently pull it toward you until a stretch is felt in the butt on the opposite side.

A towel may be used instead of your hands for very tight PGM/butt muscles.



HOLD FOR 45s EACH SIDE

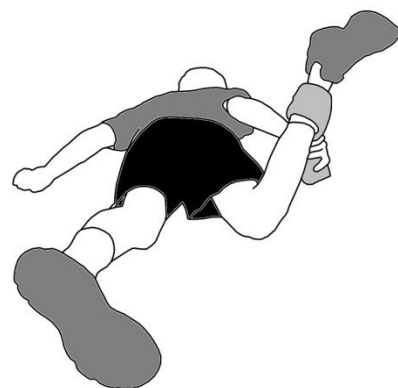


Internal hip stretch:

Wrap a towel around one ankle and lie on your stomach with the towel gripped on your hand. Slowly pull the towel down and outward away from the centre line of your body until a stretch is felt inside the hip joint. Both sides of our pelvis must remain flat on the floor throughout.



HOLD FOR 45s EACH SIDE



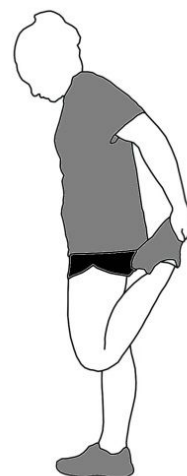
Thigh stretch (quadriceps):

Stand tall, grasp one foot and gently pull it up toward your butt.

Avoid arching your lower back.



HOLD FOR 45s EACH SIDE

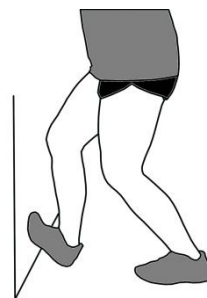


Short calf stretch (soleus/ Achilles tendon):

Place the toes of one foot high up a wall – the higher the better. The other leg should be slightly behind the body with the foot flat on the floor. Slowly bend both knees until a stretch is felt in the Achilles tendon/ lower calf area of both legs.



HOLD FOR 45s EACH SIDE

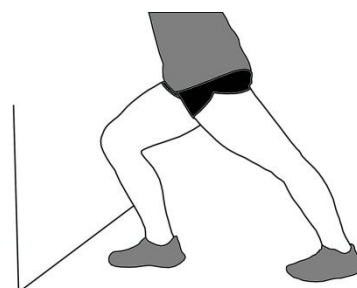


Long calf stretch (gastroc):

Lean your hands/ arms against a wall and split your legs, as shown. Both feet should be flat on the floor. Gently move the back leg further back until a stretch is felt toward the top of the calf muscle – the further back the leg, the greater the stretch.



HOLD FOR 45s EACH SIDE



ITB stretch (Iliotibial band):

From a standing position take the leg to stretch behind the other and then shift your weight so that the rear foot is flat against the floor – the instep of the front foot may come up.

Lean until a gentle stretch is felt – the stretch may start at the hip and extend down the outside of the leg.



HOLD FOR 45s EACH SIDE



Groin stretch (hip adductors):

Sit tall with your feet drawn together and allow your knees fall outwards/ downwards unsupported. Gently press down on to your legs with your elbows until a moderate stretch is felt in the groin area.



HOLD FOR 45s



Self-massage and mobilisation

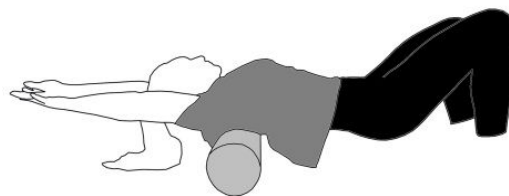
- The purpose of massage is to raise blood flow to tissues to enhance recovery, while mobilisation ensures joints retain good range of motion
- Mobilisation of spinal joints is especially useful because hours of sitting and poor spinal posture results in tightness and reduced mobility, which in turn irritates nerves and often leads to compensatory tightness of support tissues
- Massage and mobilisation is suitable daily. Seek the input of a physio or doctor in the case of an injury

Upper back rollover (thoracic spine):

With your arms above your head, position the foam roller between your upper back and the floor.

Slowly roll your body along the roller from a position just below the shoulder blades to just above – avoid direct compression of the neck.

Compression of a tight, immobile spine is uncomfortable.

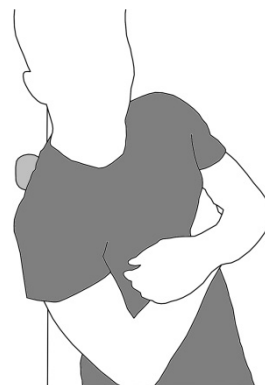


ROLLOVER FOR 1MIN

Upper trap massage:

Pin a tennis ball against the wall and press your upper trap against the ball. Perform slow small circular or up & down motions against the tennis ball.

Tight trap muscles will be sensitive to massage and it is the purpose of massage to relax the tightness. Note this effect is not immediate but is the result of cumulative massage over days/ weeks.

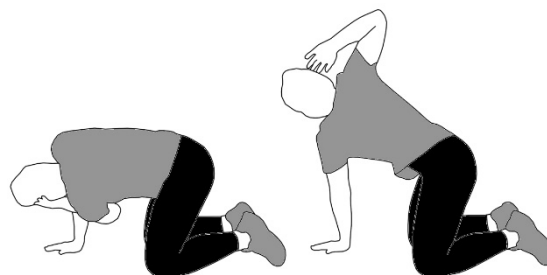


ROLLOVER FOR 1MIN EACH SIDE

Thoracic roll:

From a kneeling position on all fours, place one arm in a chicken wing position with the elbow bent and raised parallel to the floor and the hand near the head.

Perform a controlled rotation of the upper body as far under and over the chest as range of motion permits.

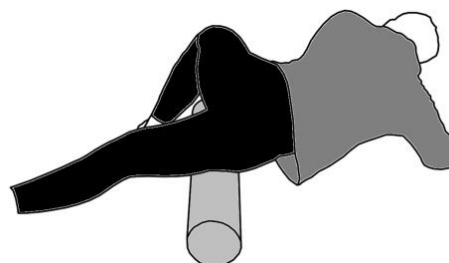


20REPS/SIDE

Iliotibial band rollover:

Position the foam roller (FR) or tennis ball between the floor and outside of the thigh.

Slowly roll the FR or ball down the leg from the hip joint to lower mid-thigh. Tight tissue may be uncomfortable.

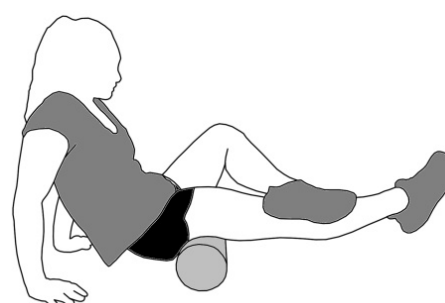


ROLLOVER FOR 1MIN EACH LEG

Hamstring rollover:

Position the massage device beneath your hamstrings and gently roll along the length of the muscle.

Suitable with a foam roller or a tennis ball.

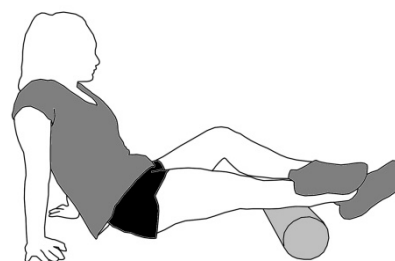


ROLLOVER FOR 1MIN EACH LEG

Calf and Achilles tendon rollover:

Position your calf or Achilles over the massage device and gently roll down the length of the muscle/ tendon or perform short back and forward motions over sensitive/ tight areas.

Suitable with a foam roller, tennis ball, or a hard cylindrical object (e.g. an empty wine bottle) depending on the level of compression sought.

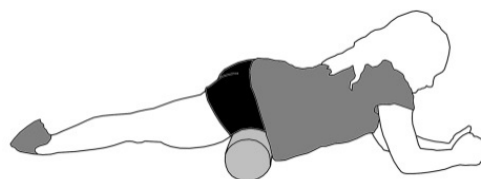


ROLLOVER FOR 1MIN EACH LEG

Hip flexor rollover:

Position an end of a foam roller beneath one hip flexor at the junction between the upper and lower body. The remainder of the FR should protrude away from the body, i.e. only one hip flexor is massaged at a time.

Perform short rolling motions up and down the hip flexor.

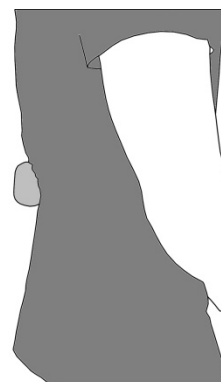


ROLLOVER FOR 1MIN EACH LEG

Lumbar tennis ball wall massage:

Position a tennis ball between the wall and a portion of lumbar soft tissue (not the spine itself). The lumbar soft tissues run parallel on each side of the spinal column to the top of the pelvis. It is suitable to massage along the top edge of the pelvis as well.

Perform slow up-down motions against the ball.



ROLLOVER FOR 1MIN EACH LEG
