

Latissimus stretch



1. Stand with your back straight and your feet shoulder-width apart. You can do this stretch sitting down if you are not steady on your feet.
2. Hold your arms above your head, and hold one hand with the other.
3. Pull upward while leaning straight over toward your right side. Keep your lower body straight. You should feel the stretch along your left side.
4. Hold 15 to 30 seconds, then switch sides.
5. Repeat 2 to 4 times for each side.

Quadriceps Stretch



Heel To Buttock - Stand on one foot, with one hand on a wall for balance.

Hold the other foot with the opposite hand and raise the heel of the lifted foot to the buttocks (or as close as comfortably possible), stretching your quadriceps. Keep your body upright throughout. Change legs and repeat.

Cat-Cow Pose



1. Start on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips. Point your fingertips to the top of your mat or directly in front of you. Place your shins and knees hip-width apart. Center your head in a neutral position and soften your gaze downward.
2. Begin by moving into Cow Pose: Inhale as you drop your belly towards the floor. Lift your chin and chest, and gaze toward the ceiling.
3. Broaden across your shoulder blades and draw your shoulders away from your ears.
4. Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back.
5. Release the crown of your head toward the floor, but don't force your chin to your chest.
6. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.
7. Repeat 5-20 times, and then rest by sitting back on your heels with your torso upright.

Spine and Back-Muscle Stretch



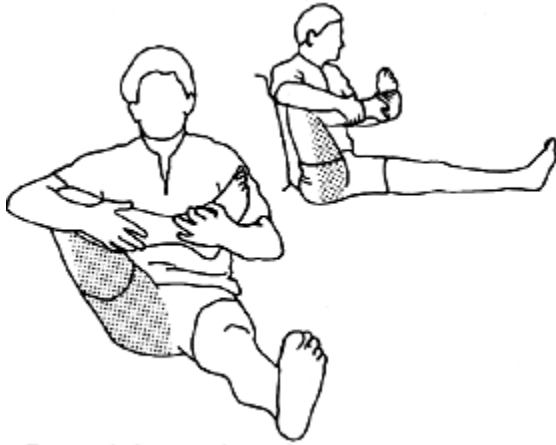
Sit with abs tight, back straight, and legs bent; cross right over left, and place right foot on floor outside left knee. Twist torso to the right and place left elbow against the outside of your right knee. Place your right hand behind you for support. Look over your right shoulder. Hold for 30 seconds, then repeat on opposite side to complete the set. Do 3 sets.

Hamstring stretch



1. Sit on the floor with your right leg extended out straight and your toes pointing up. If your knee is uncomfortable, try putting a rolled washcloth or small towel under your knee to keep it slightly bent.
2. Bend your left leg so that your left foot is next to the inside of your right thigh.
3. Lean forward from the hips, and reach for your right foot. Do not try to touch your forehead to your knee. Very flexible people can pull their foot towards them.
4. Hold each stretch 15 to 30 seconds.
5. Repeat 3 times for each leg.

Piriformis Stretch



To stretch the upper hamstrings and hip, hold onto the outside of your ankle with one hand, with your other hand and forearm around your bent knee. Gently pull the leg as one unit toward your chest until you feel an easy stretch in the back of the upper leg. You may want to do this stretch while you rest your back against something for support. Hold for 15 to 30 seconds. Make sure the leg is pulled as one unit so that stress is not felt in the knee.

Knee-to-chest exercise



Do not do the knee-to-chest exercise if it causes or increases back or leg pain.

Lie on your back with your knees bent and your feet flat on the floor.

Bring one knee to your chest, keeping the other foot flat on the floor (or the other leg straight, whichever feels better on your lower back). Keep your lower back pressed to the floor. Hold for at least 15 to 30 seconds.

Relax and lower the knee to the starting position. Repeat with the other leg.

Repeat 3 times with each leg.

To get more stretch, put your other leg flat on the floor while pulling your knee to your chest.

Supine Hamstring stretch:



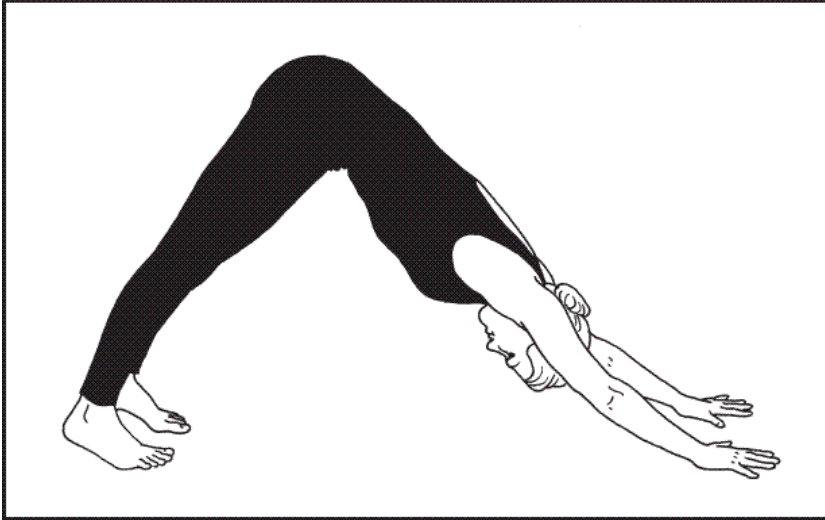
Supporting thigh behind knee, slowly straighten knee until stretch is felt in back of thigh. Hold this stretch for 30 seconds. Repeat 3 times on each side.

Gluteus Stretch



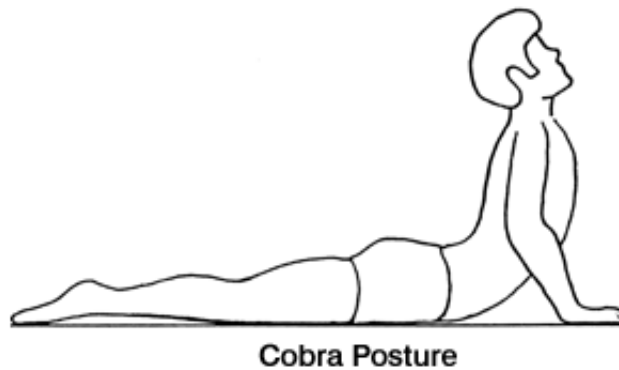
Bend your leg and, with your opposite hand, pull that bent leg up and over your other leg as shown. Turn your head to look toward the hand of the arm that is straight (head should be resting on the floor). Make sure the back of your shoulders are kept flat on the floor. Now, using your hand on your thigh (resting just above the knee), **pull your bent leg down toward the floor** until you get the right stretch feeling in your lower back and side of the hip. Keep your feet and ankles relaxed. Hold a comfortable stretch for **30 seconds**, each side.

Downward dog – don't do this exercise if it looks too difficult.



1. Start by kneeling on your hands and knees on a non-slip surface, without socks. Place your hands shoulder width apart, a little further forwards than your shoulders and your knees underneath your hips. On an inhalation, lift your hips up towards the roof and, on an exhalation, lower your heels gently towards the floor, straightening out your legs.
2. Check that your fingers are spread apart and the middle fingers face forwards. Press your weight firmly through the inner wrist, base of the thumb and forefinger. Spread your weight evenly through your hands and feet and move your chest towards your thighs.
3. Lengthen your spine by pressing your buttocks upwards, while lengthening the crown of your head towards the floor. Tuck in your chin and gaze towards your navel or knees. Draw in your abdominal muscles towards the spine.
4. Once you have reached the maximum extension of your spine, draw your attention to lengthening your legs. Don't lock out the knee joint but work sensitively on opening the back of the knees. Press backwards and downwards with the heels to achieve this. If your heels easily touch the floor, step your feet further away from your hands to create more of a challenge.
5. Ensure your feet are hip width apart and parallel, with toes pointing straight ahead. To get a real sense of extension through the backs of your legs try lifting your toes a little off the floor.
6. Create space between your shoulders and ears by externally rotating your shoulders, ie turn your hands so that your fingers now point out to the sides and then spin your hands back to their original position without turning your arms back. Relax your head and neck.

Cobra Posture



1. Turn over on the stomach and place the hands on the floor beside the chest muscles.
2. Place the hands, palms down, under the shoulders on the floor. Inhaling, without lifting the navel from the floor, raise the chest and head, arching the back. Obtain as complete a stretching of the body as possible.
3. Retain the breath, then exhale while slowly lowering to the floor. Rest, then repeat 3 times.

Alternate between downward dog and Cobra posture

Shin Muscle Stretch



1. Sit on your heels so that the insteps of both feet are flat on the floor.
2. Stay in this position for 30 seconds – 1 minute.
3. If this is too easy, then gradually lean further back to feel the stretch over the front of your thighs. Very flexible people will be able to lie down.

Towel stretch



Place a rolled towel under the ball of your foot, holding the towel at both ends. Gently pull the towel toward you while keeping your knee straight. Hold this position for 15 to 30 seconds, and repeat 3 times.