

FLEXIBILITY STRETCHING FUNDAMENTALS



DYNAMIC WARM-UP

- Toe walk- walking on toes
- Heel walk- walking on heels
- Straight leg kick- kicking one leg straight out
- Hip circles- lifting leg up and over like a hurdle and reverse the direction
- Cradle walk- grabbing heel and pulling up or letting heel rest on opposite knee and press knee down

DYNAMIC WARM-UP CONTINUES

- Hi knees (walking or running)
- Butt kicks (walking or running)
- Power skips- pushing off leg and reaching arm up to ceiling
- Carioca or grapevine (both directions)
- Walking lunge (Forward & Backward)

STATIC STRETCHING VS. BALLISTIC STRETCHING

➤ Ballistic Stretching

Ballistic stretching occurs when you perform repeated, rapid movements that stretch your muscles slightly past their comfortable range of motion. An example would be bending over to touch your toes and bouncing your fingertips off your shoes or the ground.

➤ Static Stretching

Static stretching also requires you to move your muscle just past their comfortable range of motion, but instead of quickly retracting the stretch, you hold it steady for 20 to 30 seconds. As you stretch, you might continue to move your stretch gradually forward before a few more inches. You can do static stretches with a partner who gently moves you farther than you can yourself. For example, while lying on your back, raise your leg toward your head as far as you can. When you move your leg as far as you can, have a partner put his hand on your foot and continue to slowly move your leg toward your head until you tell him to stop.

STATIC STRETCHING

- Plantar fascia- keep heel to floor
- Calf- keep heel flat
- Hamstring- stand with 1 foot outstretched lean back with toe up, knee straight
- Quad- stand holding 1 foot and pull leg back toward butt or modified stretch

QUAD- STAND HOLDING 1 FOOT AND PULL LEG BACK TOWARD BUTT

Laying on back cross leg to opposite side but
keep hip down to floor and pull knee down



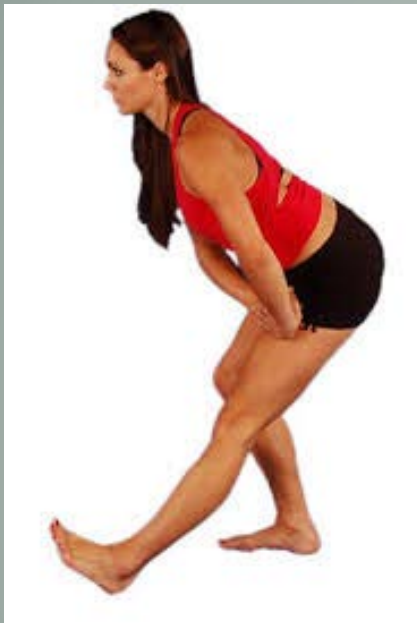
Support knee and lower leg
on chair as shown. Use chair
in front for balance. Slowly
bend stance leg until stretch
is felt in thigh of supported
leg. Hold 60 seconds.

Repeat 3 times per set.
Do sets per session.
Do 2 sessions per day.



HAMSTRING

Hamstring- stand with 1 foot outstretched lean back with toe up, knee straight



HIP / KNEE - 33
Stretching: Hamstring Wall Stretch

Lying on floor with involved leg on wall and other leg through doorway, scoot buttocks toward wall until a stretch is felt in back of thigh. As leg relaxes, scoot closer to wall.

Repeat 2 times.
Do 60 sessions per day.



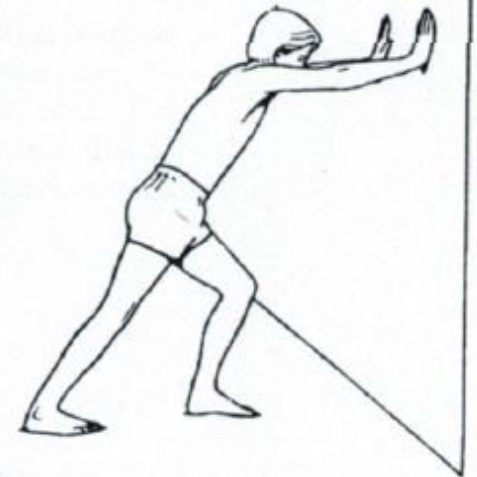
CALF- KEEP HEEL FLAT

Calf- keep heel flat



Stand with involved foot back, and leg straight. Keeping heel on floor and turned slightly outward, gently lean into wall until stretch is felt in calf. Hold 45 seconds.

Repeat 3 times.
Do 2 sessions per day.



PIRFORMIS

Lay on back Figure 4 position, heel on opposite knee and pull into chest or use physio ball to help roll in rather than pull with hands



GROIN

Stand in a side lunge and push butt back

HIP / KNEE - 32
Stretching: Inner Thigh/Groin Stretch

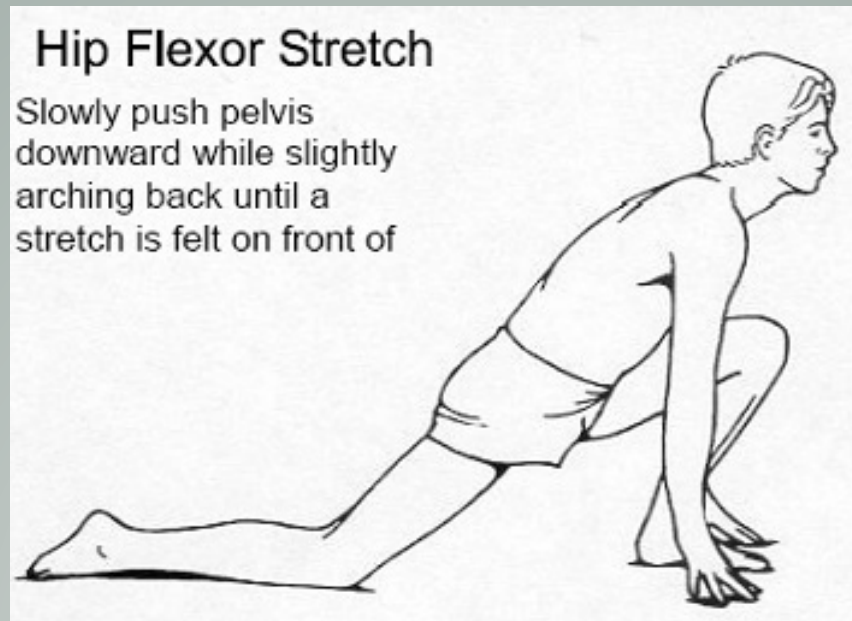
Place heels together and
pull feet toward groin
until a stretch is felt
in groin and inner thigh.
Hold 45 seconds.

Repeat 3 times.
Do 2 sessions per day.



STANDING HIP FLEXOR

Stand in lunge position, tuck pelvis under you or “tuck your tail under” and lean forward until stretch is felt

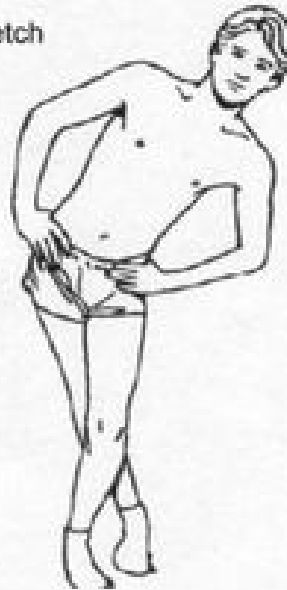


IT BAND

Laying on back cross leg to opposite side but keep hip down to floor and pull knee down

Iliotibial Band Stretch

While standing, cross left leg in front of right. Bend to the left at waist. Repeat sequence with opposite leg.



INFERIOR SHOULDER



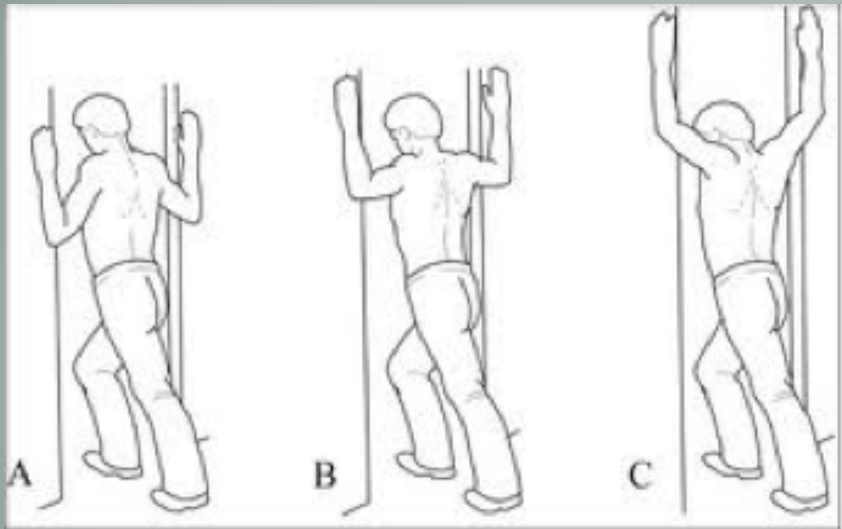
POSTERIOR SHOULDER

Gently pull on elbow with other hand until a stretch is felt in shoulder. Hold 45 seconds Repeat 3 times per set



PECTORALIS

Lay on 1/2 foam roller with outstretched arms, or with 1 arm hold on to wall/door and rotate away



PLANTAR FASCIA- KEEP HEEL TO FLOOR

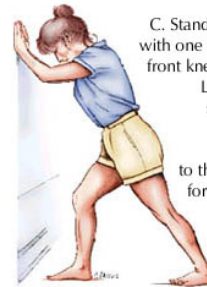
A. Sit with your legs straight in front of you. Wrap a towel around the ball of your foot and hold the loose ends in each hand. Pull the ends of the towel toward you until you feel a gentle stretch in the back of your calf.



B. Stand on an incline box with the higher edge toward the wall. With your heel on the floor and knee straight, lean toward the wall until you feel a gentle stretch in your calf.



C. Stand about an arm's length from a wall with one foot in front of the other. Bend the front knee and put your hands on the wall. Lean forward until you feel a gentle stretch in the calf of your back leg.



Next, bring your back leg closer to the wall and bend both knees. Lean forward until you feel a gentle stretch in the heel cord of your back leg.



Standing with ball of foot on stair, reach for bottom step with heel until stretch is felt through arch of foot. Hold 45 seconds. Relax.

Repeat 3 times. Do 2 sessions per day.