

## UPPER TRAPEZIUS/NECK STRETCH



Slowly tilt your head to the right, while keeping the left arm extended at your side. Using the right hand, slowly pull the head over to the right, while pulling your left arm down to the floor. You can change the location of the stretch by bending the head forward until you feel a better pull. Hold for 5 - 10 seconds, and then repeat on the opposite side.

## TRICEPS STRETCH



Bring your right arm across the chest with the elbow bent. Using the left arm, pull the right elbow further across the chest. Repeat on the opposite side.

## QUADRICEP STRETCH



Keeping the spine straight and the left hand out to stabilize, bend the right leg so that the heel approaches the buttocks. Keep the thigh in line with the body and use the right hand around the ankle to pull up on the leg. There should be a pull in the front of the thigh and maybe into the groin.

## BACK EXTENSIONS



With your hands supporting the small of your low back, extend your spine until you feel a good stretch. Do not overextend or cause pain. Look up to the ceiling also. Make sure you do not lose your balance.

## PIRIFORMIS/GLUTEAL STRETCH

To stretch the muscles of your left side, start by crossing the left leg over the bent right leg. Make sure you are sitting up very straight. Using either the right hand or the right elbow (for a better stretch) pull the left thigh in close while turning your body to look over the left shoulder. The stretch should be felt in the buttock muscles. Hold for at least 20 seconds.



## PULL DOWNS

Start with the arms outstretched above the head. Make fists, tighten upper back and shoulder muscles, and then pull down using your own resistance as you pull. Keep the head and chin up. At the end of the range, squeeze the elbows together and hold the squeeze for a few seconds. Let go and then repeat 2 -3 times



# DAILY STRETCH EXERCISES

## CHEST AND NECK STRETCH

Clasp both hands behind your back. Now roll the shoulders outwards, while extending and straightening the upper back. Now extend the head until you are looking up at the ceiling. Hold for several seconds. This is a wonderful stretch for stress in the upper back and shoulders. This can be done sitting or standing.



## SIDE STRETCHES

Stretch your arm above your head and reach for the ceiling. Then slowly tilt to the opposite side to which you have your arm raised. Do not bounce or extend too far over to the side. Repeat on the other side.



## HAMSTRING STRETCH

Place your foot up on a bench or other stable surface. Rest your heel on the bench and have a slight bend in the knee. Now with the back straight, bend forward over the leg. There should be a nice pull from the back of the knee through the back of the thigh. Hold for 10 - 20 seconds, then repeat on the same leg 2 - 3 times before changing to the other leg.



## PSOAS STRETCH

Place the right foot up on a bench or other stable surface. Keeping the foot flat on the bench, extend the left leg back to place the foot flat on the floor with the toes pointing forward. Stretch forward until the right knee is directly over the right ankle, and no further. If you need more of a stretch, extend the left leg back further. You should feel the stretch through the groin and upper thigh. Hold for 10 - 20 seconds, repeat using the same leg, and then stretch the opposite leg.



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Consult a health professional before beginning any exercise or stretch program.

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