

8048 - Stretching for Flexibility Program



Key Points For Effective Stretching

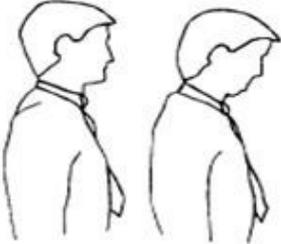
The stretching exercises below are static stretches. Evidence suggests that static stretching should be avoided immediately before competition in favour of a general warm up and dynamic stretching.



1. To increase flexibility and range of motion, perform stretching exercises when the body is warm. This can be at the end of a training session or following 10 minutes of light aerobic exercise.
2. Complete a range of stretching exercises for different muscle groups. Pay particular attention to the muscle groups that are involved most in your sport.
3. Hold each stretch for **10-20 seconds**. Initial tightness should gradually diminish as you hold the stretch.
4. Repeat each of the stretching exercises 2-3 times in succession.
5. Perform stretching exercises at least 3 times a week and ideally 5 times per week.
6. Ease slowly in and out of the stretch. Do not bounce! Breathe out as you stretch and continue to breathe as you hold it.
7. If you feel any pain, release the stretch immediately.



Upper Body Flexibility Exercises

<p>Stretch #1 Shoulder & Chest This can be performed kneeling or standing. Clasp hands behind back and straighten arms. Raise hands as high as possible and bend forward from the waist and hold.</p>	
<p>Stretch #2 Arm Across Chest Place one arm straight across chest. Place hand on elbow and pull arm towards chest and hold. Repeat with other arm.</p>	
<p>Stretch #3 Triceps Stretch Place one hand behind back with elbow in air. Place other hand on elbow and gently pull towards head. Hold and repeat with other arm.</p>	
<p>Stretch #4 Chin Tuck Face straight ahead. Lower your chin to your chest. You will feel tension in the back of your neck. Relax and slowly return to starting position. Repeat.</p>	
<p>Stretch #5 Side Neck Stretch Face straight ahead. Tilt your head so that you're moving your ear toward your shoulder. Do not bring your shoulder up to your ear. You will feel tension in the side of your neck. Relax and slowly return to starting position. Tilt your head to the other side and repeat.</p>	

Lower Body Flexibility Exercises

<p>Stretch #4 Glute Stretch Sitting on floor with right leg bent, place right foot over left leg. Place left arm over right leg so elbow can be used to push right knee. Hold and repeat for other side.</p>	
<p>Stretch #5 Adductor Stretch Stand with feet as wide apart as is comfortable. Shift weight to one side as knee bends. Reach towards extended foot and hold. Repeat for other side.</p>	
<p>Stretch #6 Single Leg Hamstring Place leg out straight and bend the other so your foot is flat into your thigh. Bend forward from the waist keeping your back flat. Hold and repeat with the other leg.</p>	
<p>Stretch #7 Standing Quadriceps Standing on one leg grab the bottom of one leg (just above ankle). Pull heel into buttocks and push the hips out. Your thigh should be perpendicular to the ground. Hold and repeat with the other leg.</p>	
<p>Stretch #8 Standing Calf Place feet in front of each other about 18 inches apart. Keep back leg straight and heel on the floor. Push against a wall to increase the stretch. Hold and repeat with other leg.</p>	

Resources: <http://www.sport-fitness-advisor.com/>, <http://www.mayoclinic.com/>