Daily Flexibility Program

Guidelines/Instructions: Regular stretching can help improve flexibility and overall health. Each of these exercises is safely recommended for healthy individuals. Those with pre-existing conditions should consult a healthcare provider if they have any concerns about an exercise. Each stretch should be performed for a minimum of 30 seconds. For muscle length changes over time, it is recommended a stretch be held for 90-120 seconds. Stretches should be low-level and long duration. Do not push your muscles to their furthest point, but rather to where you first feel a stretch.

HAMSTRING STRETCH - Sit on the floor with one knee bent and one knee straight in front of you. Reach forward with both hands together towards touching your toes.

STANDING QUAD STRETCH - While in a standing position, bend your knee back behind your body and hold your ankle/foot. Next, gently pull your knee into a more bent position until a stretch is felt on the front of the thigh.

STANDING CALF STRETCH - While standing and leaning against a wall, place one foot back behind you and bend the front knee until a gentle stretch is felt on the back of the lower leg. Your back knee should be straight the entire time and your heel should remain on the floor.

PECTORALIS DOORWAY STRETCH - While standing in a doorway, place your arms up on either side of the door frame and lean in until a stretch is felt along the front of your chest and/or shoulders. NOTE: Your legs should control how much you stretch by bending or straightening your knee through the doorway.

SEATED LOW BACK STRETCH While sitting in a chair, slowly bend forward and reach your hands for the floor. Start bending from the neck down and rise from the floor starting from the low back and ending with the beck

LARGE NECK CIRCLES - Slowly move your head in large yet comfortable circular motions. Perform clockwise a few repetitions and then counter clockwise a few repetitions and repeat.

CROSS ARM STRETCH Grasp your elbow with your opposite hand and gently pull it across the front of your body.

SHOULDER ROLLS Move your shoulders in a circular pattern so that your are moving in an up, back and down direction. This motion should be slow and controlled for the duration of the exercise.

LAT STRETCH Start in a standing position and arms over head. Next, grab the wrist of the side you want to stretch and draw it over to the side bending at your trunk until a gentle stretch is felt along the side of your body. You may need to slightly bend forward to feel a stretch.