

Stretching Exercises

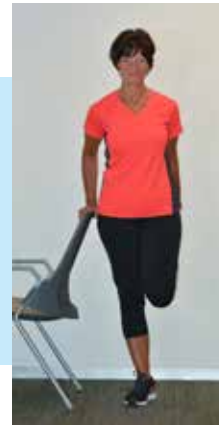


Hamstring Stretch

- Place one heel on the chair in front of you.
- Focus on maintaining your heel down, knee down and toes up.
- While keeping this position, bend at your hips leaning toward your front leg. Reach toward your toes with your fingertips.
- Breathe throughout the stretch. Do not bounce.

Quadriceps Stretch

- Hold onto a stable object. Keep your body square to the wall.
- Bend your knee and grab your ankle, foot, or pants leg. Maintain good posture.
- Pull your heel toward your buttocks until the stretch is felt.



Adapted Quadriceps Stretch

- Hold onto a stable object. Keep your body square to the wall.
- Place the top of your foot onto the chair behind you. Maintain good posture.
- To progress the stretch, bend at the knee of the supporting leg.

Calf Stretch

- While standing – face a wall or stable object, place one leg in front, and the other behind you.
- Keep both heels on the ground; bend the front knee to a 90 degree angle while the back leg stays straight.
- The stretch should be felt in the calf of the back leg.



Shoulder Stretch

- While standing or sitting – reach one arm across your body, palm facing you.
- Place opposite hand under forearm and firmly pull arm toward chest.
- Feel the stretch in the shoulder area. Repeat on other side.





Shoulder Rolls

- While standing or sitting – relax arms at your side.
- Roll your shoulders in a forward circular motion ten times.
- Then, roll your shoulders in a circular motion backward ten times.



Side Stretch – while standing

- Stand with your feet shoulder width apart and arms relaxed at your side.
- Reach one arm down toward your knee, bending at the waist, keeping shoulders straight to the front.
- Hold the stretch for twenty seconds and repeat on the other side.



Neck Stretch

- While standing or sitting – tilt your head to one side moving the ear toward the shoulder.
- Relax the jaw, keep your shoulders down and avoid bending the body to the side.
- Standing or Sitting – tuck your chin to chest. Avoid rounding the shoulders.



Perform one stretch on each side and hold the stretch for 20 to 30 seconds. Do not hold your breathe. Avoid bouncing or jerky movements.

Weight Exercises



Side Shoulder Raise

- Begin in shoulder-width stance with arms hanging at sides and palms facing in.
- Raise dumbbells out to the sides until they're at shoulder level.
- Pause then lower weights back to starting position and repeat.



Front Shoulder Raise

- Begin with arms hanging in front of thighs and palms facing body.
- Raise dumbbells straight in front until they're at shoulder level.
- Pause then lower dumbbells to starting position and repeat.



Upright Row

- Stand with arms hanging in front of thighs, palms facing thighs, and dumbbells close together
- Keeping palms close to the body, raise dumbbells at the same time to the chin
- Lower dumbbells to starting position and repeat



Bicep Curls

- Begin with arms hanging at sides and palms facing away from the body.
- Keeping elbows close to your sides, curl both dumbbells upward to the shoulders.
- Pause, return to starting position and repeat.





Military Press

- Begin with dumbbells at shoulder height, palms facing inward
- Press one dumbbell straight up to arms length
- Lower to starting position and press other dumbbell upward
- Do all work with shoulders and arms



Tricep Extension

- Begin with a slight forward bend at the waist and a straight back.
- Begin with palm facing torso and elbow bent at 90 degrees.
- Keeping your upper arm stationary extend your arm at the elbow until straight. Return to starting position and repeat.



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