

Hamstring Stretch

- Lie on your back, straighten your left leg.
- Extend your right leg; grab the back of your leg with both hands or wrap a resistance band or belt around the arch of your foot.
- Pull your leg towards you gently while keeping both hips on the floor.

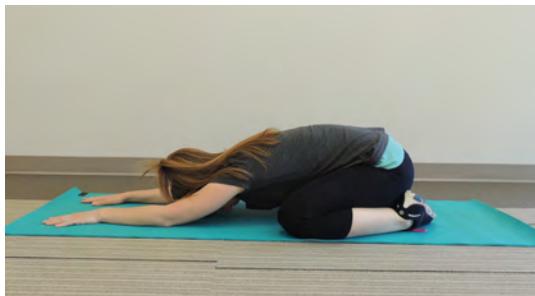
TIP: If you have discomfort in your lower back, bend your left leg, placing your foot flat on the ground.



Full Body Stretch

(Do not attempt this stretch if you have knee issues.)

- Start in a kneeling position and bring both knees out to the sides.
- Slowly lower your butt toward your heels and reach your arms in front of you.
- Let your stomach lower toward the ground and rest your forehead on the mat.



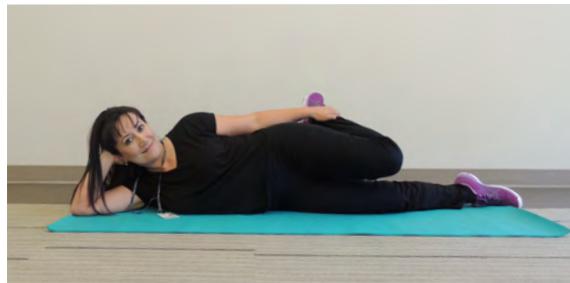
Back, Chest Stretch

- Lie on your back, extend both arms out to the side, palms facing the sky.
- Bend both knees, slowly drop them over to the right side while keeping your arms and shoulders on the ground.



Quadriceps Stretch

- Lie on your right side with your legs extended straight away from your body.
- Allow your head to rest on your right hand, with your arm bend for support..
- Keep your head aligned with your spine. Bend your left knee. Grasp your foot or ankle with your left hand.



Exercise Basics

So, you don't have time for an hour-long aerobics class? You can't squeeze in 30 to 40 minutes on the treadmill? That's ok. Recent research has shown that getting the exercise our bodies need is a lot easier and quicker than we once thought.

Looking at Exercise in a New Way

Take It Easy

Many experts now say that moderate exercise can benefit you as much as intense exercise.

Get Your Exercise Bit by Bit

Research has shown that you don't have to fit your daily exercise into once session. Instead, you can split your workout into short sessions spread out throughout the day.

The Three-Part Exercise Program

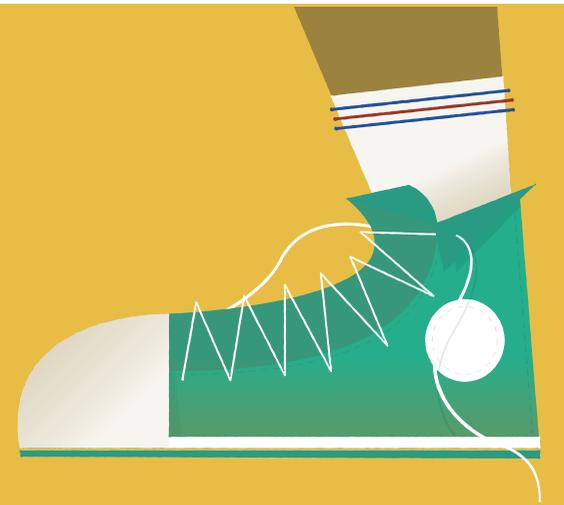
To be complete, your exercise program should combine the three types of exercise discussed below.

- 1 Aerobic**
(at least 150 minutes per week)
- 2 Muscle Strengthening**
(2 days a week)
- 3 Stretching**
(5-10 minutes a day)

www.cabarrushealth.org/EIM



Made possible with funding from the Centers for Disease Control and Prevention.



Exercise is Medicine

Stretching Exercises

Patient Name:

Date of Prescription:



Learn more about the health benefits of exercise at:

www.cabarrushealth.org/EIM

Stretching Essentials

Before you begin, make sure you can do it safely and effectively. While you can stretch anytime, anywhere - in your home, at work, in a hotel room or at the park - you want to be sure to use proper technique. Stretching incorrectly can actually do more harm than good.

1 Hold your stretch

Hold each stretch for about 30 seconds; in problem areas you may need to hold for around 60 seconds. Breathe normally as you stretch.

2 Don't bounce

Stretch in a smooth movement, without bouncing. Bouncing as you stretch can cause injury to your muscle.

3 Don't aim for pain

Expect to feel tension while you're stretching, not pain. If it hurts, you've pushed too far. Back off to the point where you don't feel any pain, then hold the stretch.

4 Be Consistent

Stretching can be time-consuming. But you can achieve the most benefits by stretching at least two to three times a week. By not stretching regularly you risk losing any benefits that stretching offered. For instance, if stretching helped you increase your range of motion, and you stop stretching, your range of motion may decrease again.

Stretching Exercises

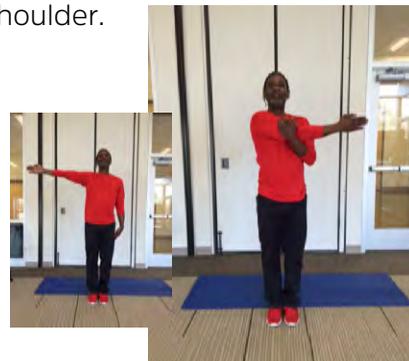
Stretching can help improve flexibility and range of motion in your joints. Better flexibility may make activities of daily living such as bending down and climbing stairs easier or decrease your risk of injuries by helping your joints move through their full range of motion. Stretching also increases blood flow to the muscles and can minimize aches and pains.



Unless otherwise noted, hold each stretch for 30 seconds and repeat on the other side.

Shoulder Stretch

- Reach your right hand across the front of your body and grasp your upper right arm with your left hand.
- Pull back with your left hand until you feel a gentle stretch in your right arm and shoulder.



Should I Warm-Up?

You do not have to warm-up before you stretch, but if you do, you may see yourself stretch a little further than you would without warming up. To warm-up, go for a 5-10 minute walk or march in place for 2 minutes. For more ways to warm-up visit www.w.cabarrushealth.org/EIM.

Chest Stretch

- Stand with your feet beneath your hips.
- Raise your arms straight out to each side.
- Move your arms back until you feel the stretch in your chest muscles.



Triceps and Shoulder Stretch

- Raise your right hand up and back behind your head so the palm of your hand rests on your neck or between your shoulder blades.
- With your left hand, apply pressure to your elbow until you feel a gentle stretch in your upper arm and shoulder.



Upper Back/Neck Stretch

- Place your left hand on your right hand and slowly round your back.
- Drop your chin down toward your chest and keep a slight bend in your knees.



Hip and Back Stretch

- Lie on your back. Straighten your right leg.
- Reach behind your left thigh with both hands and pull it into your chest until you feel a gentle stretch in your lower back.

If you have discomfort in your lower back, bend your left leg, placing your foot flat on the floor.

