

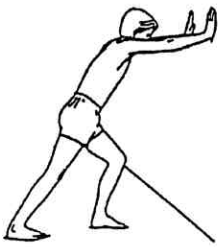
Stretching

- Proper stretching should be done in a relaxed, stable position and should be held for 30 seconds.
- Holding a stretch for 30 seconds is most beneficial because it gives the muscle time to relax.
- Do not do ballistic (bouncing) stretches because it places excessive amounts of stress on the muscle, making it susceptible to injury. Bouncing does not give the muscle enough time to relax.

Whole Body Stretching Routine

Lower Extremities

Calves



Keep back leg straight, with heel on the floor, lean into the wall until a gentle stretch is felt in the calf.



Keeping back leg slightly bent, with heel on the floor, lean into the wall until a gentle stretch is felt deep in the calf.

Groin



Sit with knees bent, soles of feet together, and slowly let your knees drop. Grasp ankles (not toes) with hands. Do not lean forward!

Hamstrings



Tuck foot in near groin with opposite leg straight. Reach down until a gentle stretch is felt in back of the thigh. Keep chin up.

IT/TFL (side of leg)



Cross left over right, then lean to the left (stick right hip out). Do the other leg as well, but opposite. Stretch should be felt over outside of hip.

Quads



Stand on one leg, grasp ankle of same side, and bend to buttocks. Stretch should be felt in front of thigh. Keep knee in line with opposite leg.

Buttocks



Lay on back, cross one leg over the other, grasp hands around thigh just below the knee as illustrated.

Stretching

Trunk Side Bending



Stand with feet shoulder width apart, put one hand on hip and other above head and lean to the side.

Hip Flexor



Kneel as shown and lean forward slowly keeping hips and back straight. If knee caps hurt, you can place a soft pad under the knee. A gentle stretch should be felt in the front of the hip. *Don't let front knee go beyond toes of the same foot.

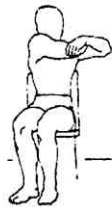
Upper Extremities

Overhead Shoulder



Gently pull on elbow with opposite hand until a stretch is felt in the shoulder.

Upper Back



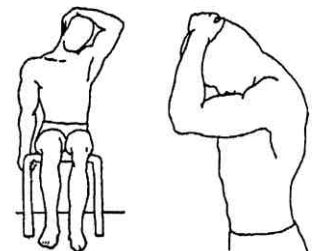
Cross arm across chest and gently pull arm back with opposite hand until a gentle stretch is felt in the back of shoulder and upper back.

Chest



Do this stretch in a doorframe or around a corner. With one hand on the wall, step forward while keeping the hand stationary. A gentle stretch should be felt in the chest.

Neck



Tilt head so that the ear is toward the shoulder. Gently pull head toward the shoulder as well until a gentle stretch is felt. Repeat toward other shoulder, and stretch chin to chest.



Sport Medicine Council of Alberta

11759 Groat Road
Edmonton, AB
T5M 3K6

Phone:(780) 415-0812
Fax: (780) 422-3093
Email: smca@connect.ab.ca
Website: www.connect.ab.ca/~smca

SNS - Sport Nutrition Specialists - Adapted from the Sport Nutrition Resource Manual (2nd Edition)



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	