

Basic Stretches



Spinal Distraction Cat Stretch

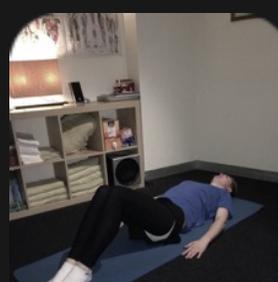
On your knees with your hands outstretched in front and crawling your hands forward for extra pull while your butt sits against your heels

Basic Core Stretching Lower Back



3 positions:

1. Hips and knees at 90° and rotating with knees together.
2. Drop feet to the floor from step 1 and rotate with knees together.
3. Slide feet forward and rotate with knees together.



(Note) keeping your low back flat on the floor with your ribcage not lifting when rotating.

Complete Hip-Flexor Static Lunge

Kneeling on one knee & bringing the opposite leg out in front of the torso at a 90°.

Leaning the hips forward towards the front knee while twisting the back in the opposite direction & leaning the torso backwards for a deeper hip-flexor stretch.

Note: a square box from a side view should be seen along front leg & thigh from the back leg.



Gluteal External Rotation Stretch



For right glue: Lying face up with right ankle placed on left knee. Bring the left knee upward so the hip is at 90°. Placing the right hand on the right knee pushing it forward while the left hand supports behind the left leg up to 90°.

Note: stretch can be increased by support legs foot being against the wall.

Back Extension

Also known as the Cobra Stretch; lying face down & lift your torso off the ground as you hands support your weight with your fingers pointed towards your feet while your pelvis is still touching the floor.

Note: try to make an even curve in your back and avoid 'hinging' at one level.





Upper Hamstring Stretch

Lying face up, bring one knee to the same side of the chest while the opposite leg lays flat on the floor.

Supporting the target leg around the knee with both hands, pull the knee towards the chest.

Seated Adductor/Groin Stretch

Sitting on the floor with your feet in front of you, soles together.

Gently use your elbows on the inside of the knee to push the knees towards the floor.

Note: avoid rounding your back, attempt to maintain a long spine while sitting high on your pelvis.



Standing Lower Back Stretch



Stand facing a wall with one leg crossed in front of the other. Run the opposite arm down the outside of the leg while bending your torso towards the wall.

A stretch should be felt on the side of your lower back.