

STRETCHING EXERCISES

There are many websites and apps that provide detailed information regarding many types of stretching exercises. It is best to know your goals for your stretching program- improving certain tight areas, maximizing certain motions, working on previously injured areas, providing overall improved flexibility- and pick a variety of exercises that will address these needs and goals. We will provide samples of exercises that have worked in our experience and will be glad to discuss them with you.

STATIC STRETCHES HAMSTRINGS



Place sheet or belt around the ball of your foot. Start with your knee bent and then straighten knee until a comfortable stretch is felt in back of thigh. Pull down on sheet until a comfortable stretch is felt in your calf. Secondly, turn foot inward and pull down. Then turn foot outward and pull down.

REPEAT:

3-4 times per set. Hold 20 seconds. Do 1 set per session.
1-2 sessions per day.

HIP FLEXOR



Kneeling on right knee, slowly push pelvis down while slightly arching back until stretch is felt on front of hip. Hold 20 seconds.

REPEAT:

3-4 times per set. Do 1 set per session. 1-2 sessions per day.

PIRIFORMIS STRETCH-HIP ROTATORS



Cross legs, right on top. Gently pull other knee toward chest until stretch is felt in buttock/hip of top leg. Hold 20 seconds.

REPEAT:

3-4 times per set. Do 1 set per session. 1-2 sessions per day.

SLEEPER STRETCH



Lying on your ____ side, bring your elbow up to shoulder level and with elbow bent at 90 degrees use your other hand to push ____ hand toward table.

REPEAT:

Repeat 10 times; Hold 5 seconds each; 1 set per day.

STRETCHING EXERCISES

DYNAMIC WARM UP STRETCHES:



External Rotation/
Internal Rotation with
Racquet at neutral



External Rotation/
Internal Rotation with
Racquet at 90/90
position

Keep arm against body, gently use RACQUET to rotate arm away from body and toward body. Keep elbow bent and against your side as you do this. Hold for 5 sec.

REPEAT:

Repeat 10 times; 1 session per day.

PRONATION/SUPINATION

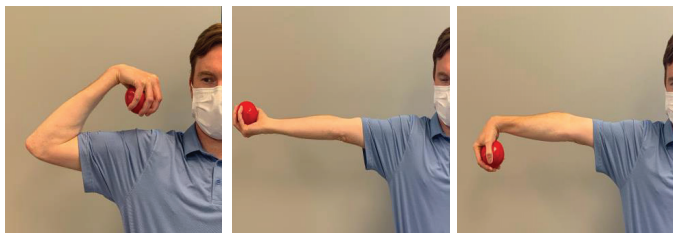


Stand tall, start with racquet in neutral, rotate forearm each direction as pictured slowly. Hold 3 count each way.

REPEAT:

Repeat 10 times and HOLD for 5 SECONDS; 1-2 sets per day.
1 session per day

ECCENTRIC BICEPS



1. Begin with elbow bent and forearm supinated (Palm facing you)
2. Slowly lower weighted ball, moving forearm to a pronated (palm away position)
3. Slowly lower for a count of 5 seconds

REPEAT:

10 times; 1 Sets; 1 session per day

SEATED THORACIC ROTATION/EXTENSION



1. Start sitting in chair with elbow touching opposite knee
2. Rotate shoulder/elbow and look to ceiling

REPEAT:

Repeat 10 times and HOLD for 5 SECONDS; 1 sets per day.
1 session per day