

STRETCH RELAXATION EXERCISES

Stretch relaxation LENGTHENS muscles shortened by injury, age or stress and provides an effective "warm up" for sports.

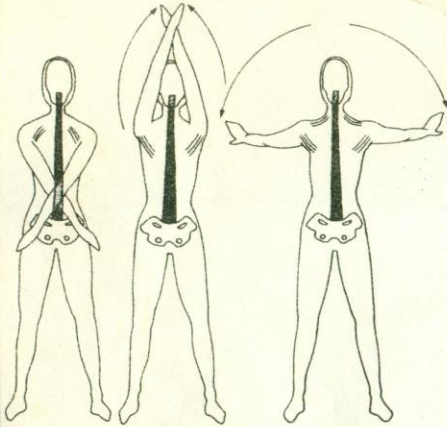
Stretch relaxation is easy to do but takes a bit of practice.

- stretch the muscle as far as possible without causing pain — pain means you are over-stretching.

- use a stretch-and-hold technique — no jerking or bouncing.
- Now induce muscle relaxation by a slow deep breath out for 5-10 seconds.
- repeat five times.

1. ARM CIRCLES

Full, slow, circles with both arms. Breathe out deeply as arms come down.



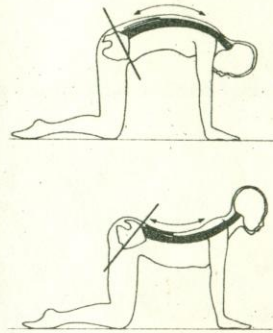
2. SIDE STRETCH

Reach one arm down the outside of the leg while exhaling. Hold. Repeat on the other side.



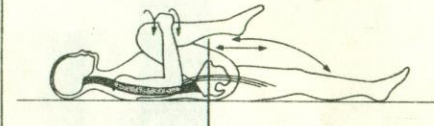
3. MAD CAT

On all fours, arch, tucking chin to chest and exhaling. Hold, then relax, returning to "flat back" position and sag down to the suspension bridge position. Breathe out deeply and hold.



4. PSOAS STRETCH

On back, hands grasped behind one knee, bring knee toward chest while exhaling. Hold. Return to starting position and repeat alternately with other leg.



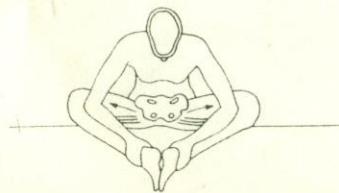
5. HAMSTRING STRETCH

Sit with one leg bent, sole of the foot near knee of the straight leg. Gently curl upper body toward knee of straight leg and reach forward with hands. Hold and breathe out deeply.



6. GROIN STRETCH

Sit on floor with knees bent and heels of feet together. Bend head towards feet and hold and breathe out deeply.



7. THIGH STRETCH

Bend one knee, grasp the foot behind and pull gently toward seat. Hold, and breathe out slowly.



8. CALF STRETCH

Place one foot ahead of the other with front leg bent and rear leg straight. Bend front leg to stretch rear calf muscle. Keep rear foot flat on floor. Hold — and breathe out deeply.

