

Stretching & Strengthening Exercises





Neck Stretches: Laterally flex your head to the right until a stretch is felt, hold for 5 seconds and repeat with the left side with very gentle assistance from your hands.



Neck Stretches: Let your neck fall gently backward, do not apply excessive force in extension, especially if you have degeneration disease in your cervical spine. Breathe slowly and deeply from your diaphragm.



Neck Stretches: Let your head fall forward and gently press your fingers into the area where your head and neck join. Work down your traps and back toward your head.



Neck Stretches: Turn your head gently to the right until you feel a stretch. Now turn your head to the left.



Leg Stretches: Lay on your back and pull one knee to your chest keeping the opposite leg straight. Press your knee and lower back to the floor. Hold for 10 seconds and repeat with the opposite leg.



Leg Stretches: Cross one leg over the other knee and place your hands on the opposite hamstring, pull your leg up to your chest until you feel the stretch in your buttocks. Repeat on the other side, holding for 10 seconds on each side.



Leg Stretches: Roll one leg over the other while rotating your head to opposite side.



Scorpion: Laying on your stomach with your arms out to your side and spread legs slightly apart. While twisting at your lumbar spine try to touch your foot to opposite hand. Hold for 10 seconds and repeat with other hand and foot.



Push Up / Foot to Hand: Start in a push up position then bring Right leg to Right hand, then reach Right arm up straight up and hold for 30 seconds, return to push up position and repeat with Left foot and Left hand.



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Pigeon Stretch: Start in the push up position and bring your right leg through and line your right heel up with your left hip keeping your hands at your sides. To feel a deeper stretch lean forward and reach forward with your hands. Hold for 30 seconds. Build up to holding for 2 minutes. Repeat with the left leg.



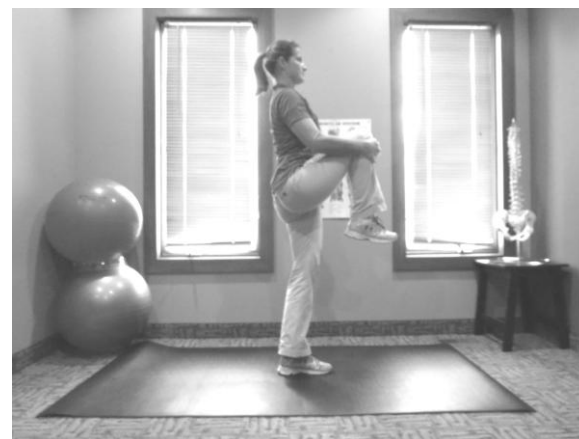
Directional Hamstring Stretches: Stand facing a chair, place your right leg on the chair and make sure the toe on your left foot is facing forward. Reach for your toes and hold for 10 seconds. Next turn your left foot out to 90-degrees, then reach for your toes and hold for 10 seconds. Now turn your left foot in 45-degrees and reach for your toes and hold the stretch for 10 seconds.



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Knee to Chest: Standing with feet shoulder width apart bring one leg up to your chest and hold with your arms for 10 seconds, return to standing position and repeat with other leg.



Drop your head down and press your back upwards by tightening your abdominals and buttocks.



Relax your stomach and abdominal muscles to allow your back to sag. Do not sit back on your hips.

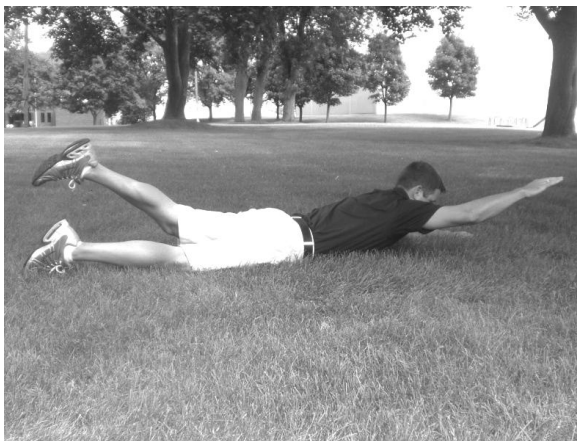


Lie on your stomach, raise one leg off the floor while keeping the knee straight.

Strengthening Begins



Keep your neck in the normal position. Push yourself up on your forearms. Keep hips and abdomen against the floor.



Lie on your stomach, raise one arm and the opposite leg. Hold for a 5 count.



Lie on your stomach, raise both arms off the ground. Hold for a 5 count.



Lie on your stomach, raise both feet off the ground. Hold for a 5 count.



Lie on your stomach, raise both feet and both arms off the ground. Hold for a 5 count.

(Contract your abdominals while performing these exercises.)



Extend your leg straight behind you while holding it parallel to the ground. Maintain normal back and neck position.



Stretch one arm straight out in front of you while maintaining your back and neck position.



Extend one leg out behind you, extend the opposite arm out in front of you.



Keep your legs as straight as possible with one arm bent at 90 degrees and neck in a straight line.



Front Lunge & Back Lunge – Walking: Keep your upper body straight, engage your core, step one foot forward and lower your hips until both legs are at a 90-degree angle. Make sure your front knee is directly above your ankle. Place your arms forward or out to side to help with balance. Take 15-20 steps forward and then 15-20 backward.



Squats: Stand with your legs a little wider than shoulder width apart balancing majority of your weight on your heels and sit back like your going to sit down in a chair. Remember to bend slightly at your hip but keep your chest up and shoulders back. Make sure your knees do not protrude over your toes. Do 15-20 squats.



Side Lunge – Walking: Stand with both legs together and feet facing forward. Step out with your right leg keeping your left leg straight and bend right knee at a 90-degree angle. Push off of right leg to return to start position and repeat with left leg. Hold your arms out front or to the side for balance. Do 10-15 lunges with each leg.



Single Leg Balance: Stand with feet together and arms at side. Extend right leg behind you and left arm in front in front, hold for 30 seconds, return to start position and repeat with opposite arm and leg. Build up to holding each side for 1 minute.

Other important Exercises
Push Up with Shoulder Drop

Burpees

