

# FLEXIBILITY STRETCHES

## To Improve Movement

There are 5 exercises in total

It is beneficial to stretch after you have completed your exercises programme

Chest Stretch

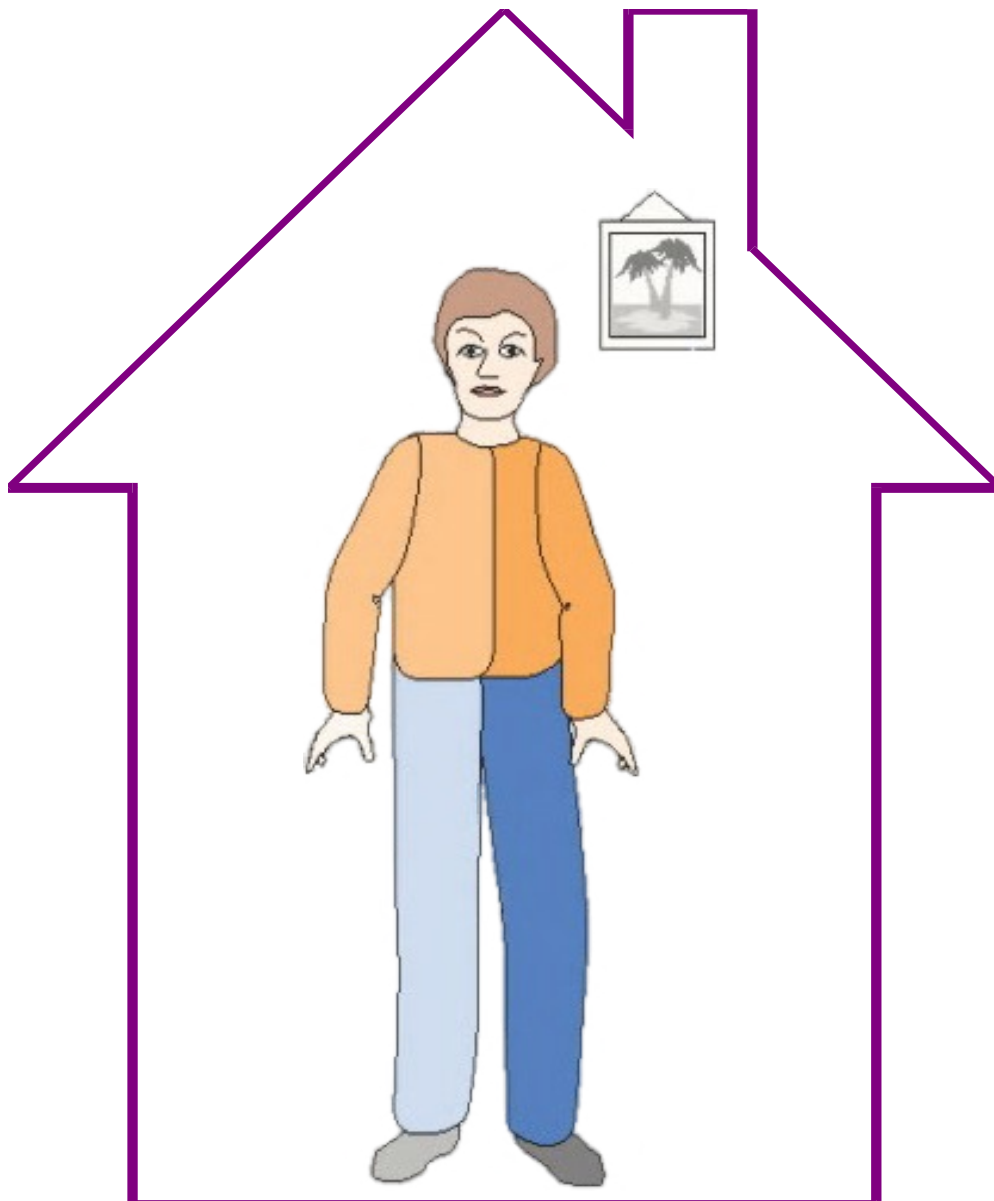
Back of Arm Stretch

Upper Side Stretch

Back of Thigh Stretch

Calf Stretch

You may not have all 5 exercises in your programme



## Chest Stretch

### To Improve Posture, Breathing and Arm Movements

- Sit upright in the chair
- Reach behind you with one or both arms, grasp the chair back or hands to hips
- Press your chest upwards and forwards until you feel a stretch across your chest - 'Stick your chest out'
- Hold for 3 - 4 seconds and repeat or progress to hold for 10 - 20 seconds



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Back of Arm Stretch

### To Improve Shoulder Movement

- Sit upright in the chair
- Ease the elbow upwards to a position you feel a mild stretch at the back of your arm
- Hold for 3 - 4 seconds and repeat or progress to hold for 10 - 20 seconds



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Upper Side Stretch

### To Improve Movement around the Spine & Trunk

- In seated or standing upright
- Keep your feet flat on the floor
- Keep your weight even across your buttocks (if seated)
- Reach one arm upwards or bend to the side to stretch your trunk
- Hold for 2 - 3 seconds only

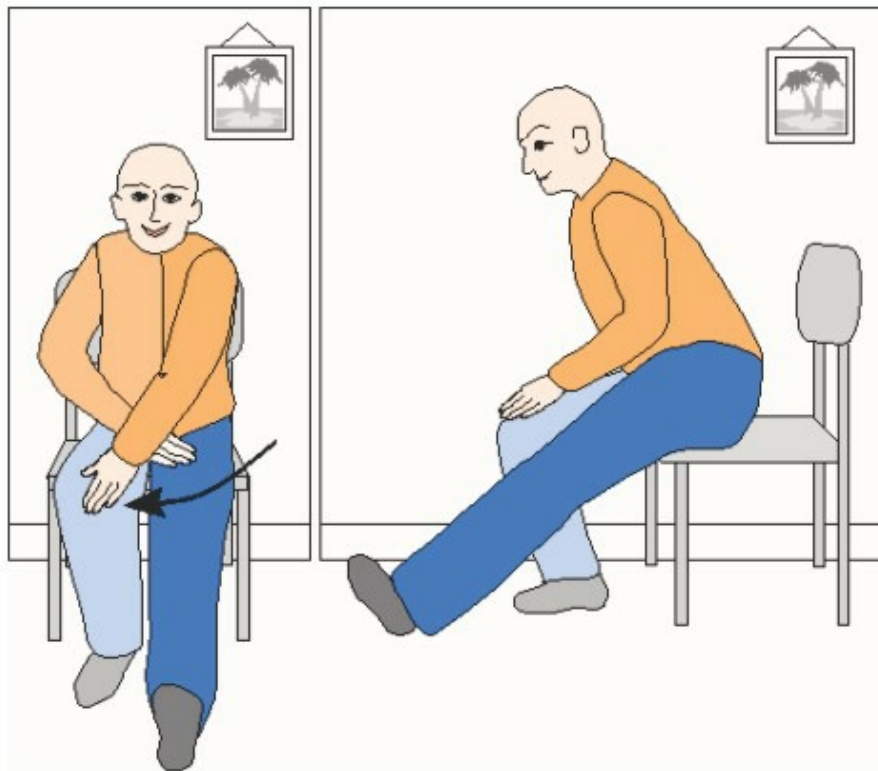


Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Back of thigh stretch

### To Improve Walking, Stride Length and Mobility Putting Shoes On

- Sit forward in the chair, just past the centre, not too far forwards
- Straighten one leg, placing the heel on the floor
- Place both hands if able onto the bent leg
- Lift the chest and lengthen the spine before you stretch
- East the trunk forwards keeping the chest lifted
- As you ease forwards you will feel a stretch behind the thigh
- Hold the stretch position for 10 - 20 seconds, breath normally throughout
- Release the stretch slowly and repeat on the other leg



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_

## Calf Stretch

To Improve walking and balance

- In seated or standing upright position
- Stand behind the chair holding on for a little support if needed
- Step back with one leg and press the heel down to the floor, if seated, try to ease the toes back towards the shin
- Feel the stretch in the back of your leg
- Hold for 10 - 20 seconds
- Breath normally



Specific Notes For \_\_\_\_\_ Written by \_\_\_\_\_