

CORRECTIVE STRETCHES

PICTURE DEMONSTRATION GUIDES



PECTORALIS STRETCH

STAND IN A DOORWAY AND CONTACT THE WALLS WITH BOTH ELBOWS AND HANDS. ELBOWS SHOULD BE AT HEAD LEVEL. STEP ONE LEG FORWARD AND LEAN THROUGH THE DOORFRAME WITH YOUR UPPER BODY WHILE PUSHING YOUR SHOULDERS FORWARD. HOLD FOR 1 MINUTE AND REPEAT AS NEEDED.

DO NOT PULL THE SHOULDER BLADES BACK. THIS ACTIVATES THE INCORRECT MUSCLES. YOU CAN ALSO PERFORM THIS ONE ARM AT A TIME USING THE CORNER OF A ROOM.



ROTATOR CUFF STRETCH

WHILE STANDING, PLACE THE BACK OF ONE HAND ONTO THE LOW BACK. BRING THE HAND UP THE BACK AS FAR AS POSSIBLE BY BENDING THE ELBOW. LET THE SHOULDER DROP AND PUSH THE ELBOW FORWARD. HOLD THE STRETCH FOR 30 TO 60 SECONDS.

REMEMBER TO REPEAT THE PROCESS ON THE OPPOSITE SIDE.

Stretch to tension, but note that this should not cause pain. Stop immediately if you experience pain.

CHILD'S POSE

BEGIN BY KNEELING ONTO BOTH KNEES AND SITTING ON YOUR HEELS. BEND FORWARD AT THE HIP, BRINGING YOUR CHEST TOWARD THE FLOOR. EXTEND BOTH ARMS. TRY TO LET YOUR FOREHEAD GENTLY TOUCH THE FLOOR.

RELAX YOUR BACK AND STAY IN THIS POSITION FOR 1 TO 2 MINUTES.



KNEES TO CHEST



LIE ON YOUR BACK ON A SOFT SURFACE. PULL BOTH KNEES UP TOWARD THE CHEST. GRAB THE UNDERSIDE OF THE KNEES WITH YOUR HANDS AND PULL EVEN FURTHER. LET THE PELVIS ROCK UP, THE TAILBONE SHOULD BE OFF THE GROUND. HOLD THIS POSITION FOR 1 TO 2 MINUTES.

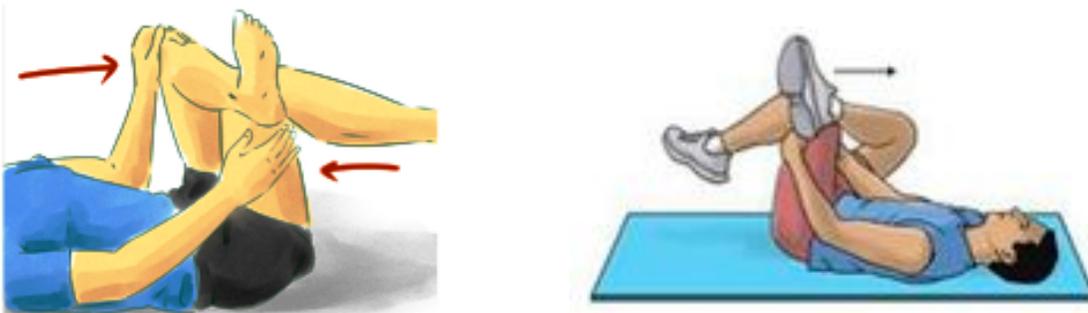
PRONE PRESS-UP

LIE FACE DOWN WITH BOTH LEGS EXTENDED. LIFT YOURSELF UP WITH YOUR ARMS, BENDING AT THE LOW BACK. HIPS SHOULD REMAIN IN CONTACT WITH THE FLOOR. BRING THE ELBOWS UNDER THE SHOULDERS AND SIT UP TALL, LIFTING THE CHEST. HOLD THIS POSITION FOR 1 MINUTE WHILE RELAXING THE ABDOMINAL MUSCLES.



Stretch to tension, but note that this should not cause pain. Stop immediately if you experience pain.

FIGURE-4 STRETCH



LIE ON YOUR BACK ON A FLAT SURFACE. BEND ONE KNEE, BRINGING IT TOWARD YOUR CHEST -- THIS IS THE ASSISTING LEG. PLACE THE FOOT OF THE OTHER LEG ON THE FRONT OF THE ASSISTING LEG. WITH ONE HAND, REACH UNDERNEATH THE KNEE AND PULL TOWARD THE CHEST. THE OTHER HAND, MAY CONTACT THE OPPOSITE KNEE AND GENTLY PUSH IT AWAY FROM YOU. HOLD FOR AT LEAST 45 SECONDS

PIGEON POSE



FROM A KNEELING POSITION, BRING ONE LEG OUT IN FRONT OF YOU. ROTATE THE KNEE OUT SO THE FOOT IS OUT IN FRONT. LET THE KNEE RELAX AND FALL TO THE FLOOR AS MUCH AS POSSIBLE. WITH THE OTHER LEG, EXTEND IT STRAIGHT BACK AS FAR AS POSSIBLE. YOU SHOULD BE LEANING FORWARD, HOLDING YOURSELF UP WITH YOUR HANDS.

LOW-LUNGE

BEGIN IN A KNEELING POSITION. LIFT ONE KNEE OUT IN FRONT OF YOU WITH YOUR FOOT FLAT ON THE GROUND. SLIGHTLY LEAN FORWARD AND ROCK YOUR PELVIS BACK, PUSHING FORWARD AT THE HIPS. ALTERNATIVELY, YOU CAN BEGIN STANDING WITH FEET STAGGERED. LEAN FORWARD AND BEND THE FRONT KNEE WHILE KEEPING THE BACK LEG PLANTED.



Stretch to tension, but note that this should not cause pain. Stop immediately if you experience pain.