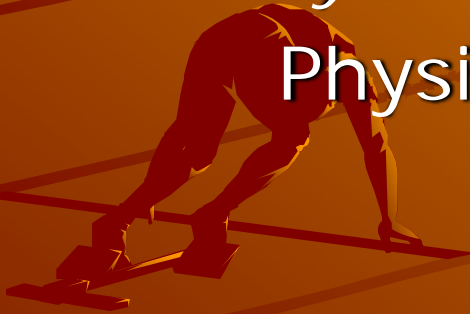


# TAKE 5 TO STRETCH

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Physiotherapy Department, Capital  
Health



# ***WHY?***

- ◆ **INCREASED FLEXIBILITY & ELASTICITY OF MUSCLES**

- ◆ **FLEXIBILITY IS AN IMPORTANT PART OF TRUE MUSCLE FITNESS (ALONG WITH STRENGTH & ENDURANCE)**

- ◆ **DECREASED RISK OF INJURY**

• DECREASED LOAD ON SPINE &  
OTHER JOINTS (SUSTAINED  
POSITIONS CAUSE BODY CHANGES)

• IMPROVED CIRCULATION



# ***WHEN?***

- **DEPENDS ON THE ACTIVITIES YOU ARE DOING**

- **AT LEAST TWICE PER DAY**

- **MORE FREQUENTLY IF IN A SUSTAINED POSITION**



• **SUSTAINED SITTING : EVERY 20-30 MINUTES**

• **PROLONGED STANDING OR AFTER BENDING**



# *HOW?*

◆ **STRETCH**

◆ **WALK AROUND UNIT OR TAKE STAIRS**

◆ **DEEP BREATHING**

◆ **CHANGE ACTIVITIES/TASKS**



# DO

- ◆ SET A TIMER FOR EVERY 20-30 MINUTES

- ◆ HOLD A STRETCH FOR 10-30 SECONDS

- ◆ BREATHE !!

# DON'T

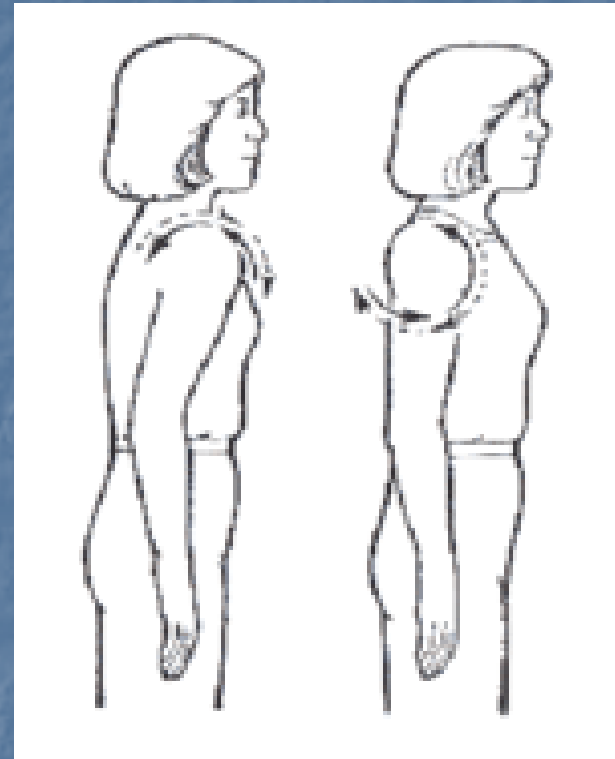
- ◆ NEVER BOUNCE WHILE STRETCHING

- ◆ STRETCHING SHOULDN'T CAUSE PAIN



# POSTURE

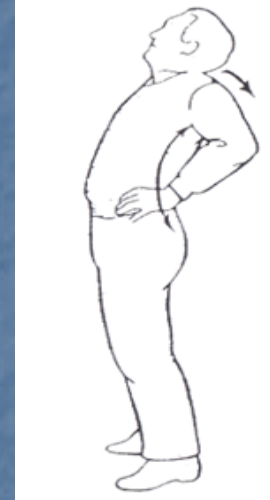
STAND OR SIT  
TALL WITH CHEST  
UP AND  
SHOULDERS BACK.  
KEEP TUMMY  
TIGHT.





# EXERCISES

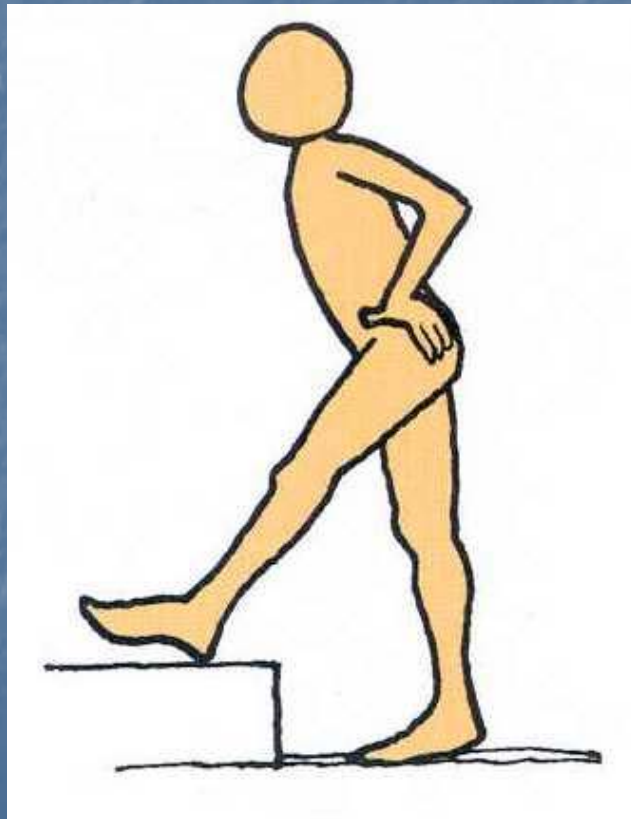
- STANDING BACK EXTENSION



- BODY STRETCH



# HAMSTRING STRETCHES



## ■ QUAD STRETCH

## ■ CALF STRETCH



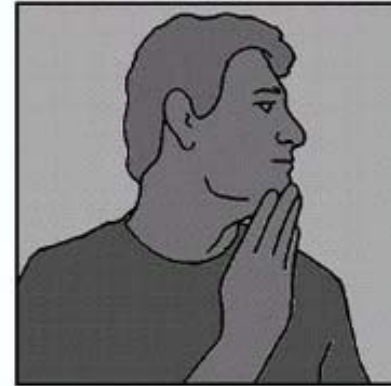
**21. Quadriceps Stretch**



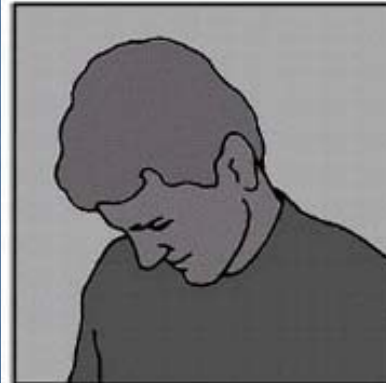
**25. Gastrocnemius Stretch**

# NECK STRETCHES

- MAKE SURE YOU ARE IN A GOOD POSITION BEFORE YOU START
- DO NOT FORCE THE MOVEMENTS
- DO NOT SWING YOUR HEAD AROUND



Neck Rotation



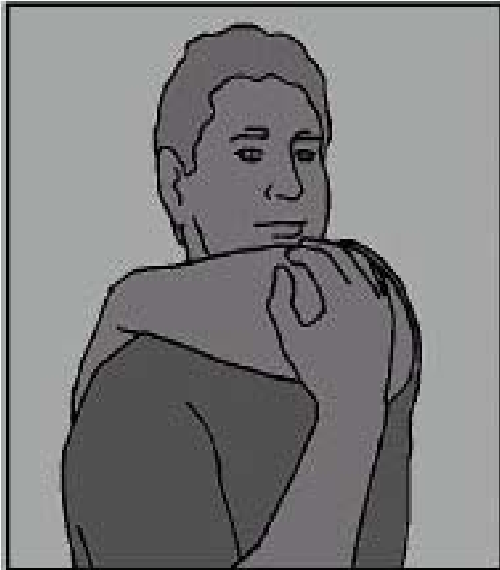
Neck Flexion



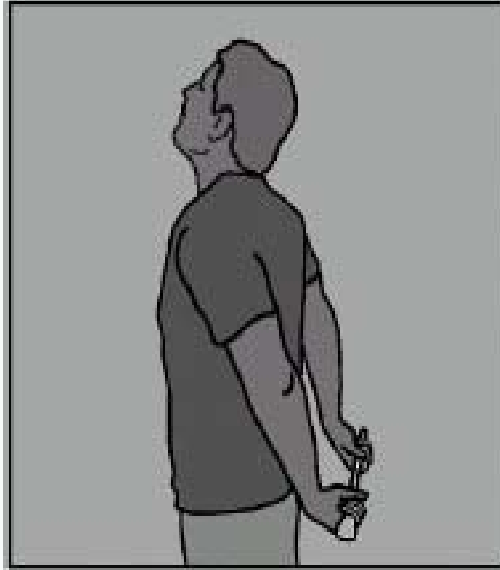
Lateral Neck Stretch



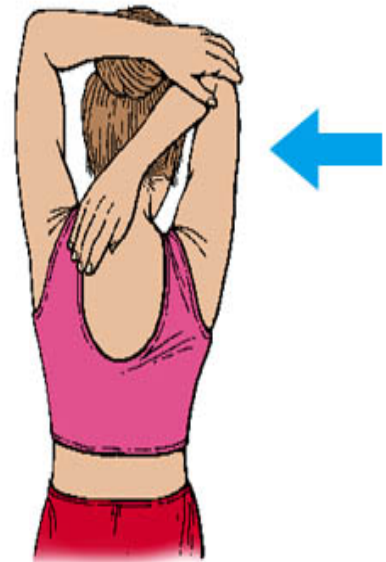
# ARM STRETCHES

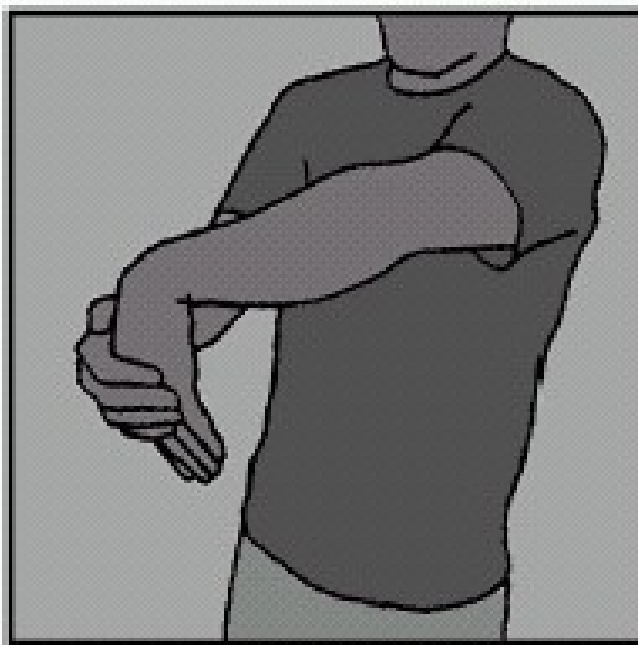


Posterior Shoulder Stretch

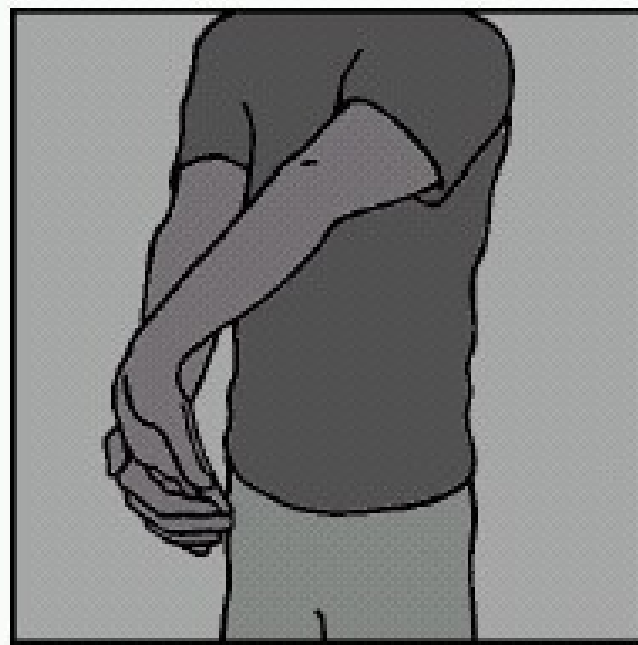


Anterior Shoulder/Chest Stretch





Forearm/Wrist Flexion



Forearm/Wrist Extension



THE END