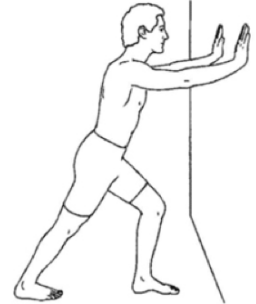


## 10-minute stretching routine:

*incorporate 3-4 times a week to feel the full benefits*

### 1. Standing calf stretch

- Stand facing a wall, roughly 1 foot from the wall.
- Step back with your right foot, bend your left knee and extend your arms 90 degrees in front of you onto the wall.
- The back leg should be straight, and both heels on the floor.
- Push your back foot into the floor and hold for 30 seconds.
- Bring yourself gradually back to standing up straight.
- Repeat with the opposite leg.
- If you cannot feel a stretch in the back leg, then extend the distance you step back.



### 2. Hamstring stretch

- Have a chair or worktop close by in case you need to hold on to something for balance.
- From standing, take a small step forward with your right foot.
- Keeping your front leg straight, slowly bend the back knee while moving your buttocks backwards and putting your weight onto your back leg (like sitting back).
- Hold this position for 30 seconds then bring yourself gradually back up.
- Repeat stepping forward with the left leg.
- If you cannot feel the stretch, lift the toes on the front foot when in the lowered position.
- If you still cannot feel the stretch, then increase the distance of the step forward so you sit deeper.



### 3. Quadriceps stretch

- Stand sideways on to a firm chair, such as a dining table chair. Place your right hand onto the back of the chair for balance.
- Bring the left heel towards your buttock by bending at the knee.
- Hold your foot and keep your knees pointing towards the floor.
- If you cannot feel the stretch, then ease your foot forward into your hand to pull your leg more but keeping your leg in place with the knees pointing towards the floor.
- Hold for 30 seconds then slowly lower your leg to the floor.
- Turn so your left hand is on the chair and repeat on the other side.



#### 4. Neck stretch

- Sit slightly forward on a firm chair so your back is not resting against the back of the chair.
- Place the back of your left hand on centre of your lower back.
- Place the palm of your right hand on top of your head, with your fingers touching just above your left ear.
- Slowly ease your right ear towards your right shoulder assisted by your hand.
- Hold for 30 seconds.
- Slowly ease your head back to its normal position.
- Switch your hand positions and repeat on the other side.



#### 5. Overhead triceps stretch

- Sit on a firm chair with your back straight.
- Raise your right arm straight up into the air.
- Bend your right arm at the elbow and place the palm of your right hand on the back of your neck or between your shoulder blades (depending on how far you can reach).
- Reach your left arm over your head and place your left hand on your right elbow.
- Gently pull your right elbow closer to the centre of the body a slightly down, lowering your right hand further down your back.
- Hold for 30 seconds then gently release and return your arms by your side.
- Repeat on the other side using your left arm



#### 6. Shoulder stretch

- Sit on a firm chair with your back straight.
- Raise your right arm horizontally out in front of you.
- Bring your right arm across your body so it is pointing to the left.
- Place your left hand above the right elbow on your upper right arm – do not hold onto the elbow joint.
- Gently pull your right arm closer to your body using your left hand.
- Hold for 30 seconds.
- Release the stretch and return your arms by your side.
- Repeat on the other side using the left arm



## 7. Lying spine twist

- Lie on the floor (or a bed) on your back with your legs out straight and together.
- Place your right arm out to 90 degrees and rest it on the floor (or bed).
- Bend your right leg to 90 degrees and roll it over your left leg.
- Place your left hand against the outside of your right knee and gently ease it down towards the floor (or bed).
- Hold for 30 seconds and slowly return to the starting position.
- Repeat on the other side using your left hand.



## 8. Knee to chest

- Lie on the floor (or bed) on your back with your legs out straight and together.
- Slowly bring your right knee towards your chest while keeping your left leg straight against the floor (or bed).
- Place your hands under your knee on your lower leg (but not on the knee joint itself) and gently ease the knee further towards your chest.
- Hold for 30 seconds then slowly release the stretch back to the starting position.
- Repeat on the other side using your left hand.



## 9. Upward facing dog

- Lie face down on the floor (or bed).
- Bring your hands by side of your chest.
- Slowly push your arms straight and lift your head, neck and upper back upwards.
- Try to keep your hips on the ground.
- Hold for 30 seconds.
- Gently lower back to the floor by bending your knees.

