

Dynamic Home Stretches

Guidelines

- Dynamic stretching utilizes the movement of your body/extremity to achieve a stretch.
- Dynamic stretches use a 10-repetition scheme, compared to static stretching, which uses a 1- to 2-minute hold.
- These stretches are intended for healthy individuals to perform in their living space. Do not perform these stretches if they might endanger your well-being.

Stretch #1 – Hip Swings

- This stretch should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space in front and behind you to perform this stretch safely.
- Start by standing next to a sturdy structure/object that you can hold on to and that will help stabilize your balance during the stretch.
- Once you're stabilized and balanced, take your leg and swing it forward and back as far as you can in a continuous motion.
- You will perform this motion 10 times, then alternate your legs.



Stretch #2 – Lateral Hip Swings

- This stretch should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space next to you to perform this stretch safely.
- Start by standing in front of a sturdy structure/object that you can hold on to and that will help stabilize your balance during the stretch.
- Once you are stabilized and balanced, take your leg and swing it side to side as far as you can in a continuous motion.
- You will perform this motion 10 times, then alternate your legs.



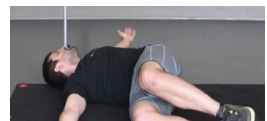
Stretch #3 – Arm Circles

- This stretch should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space next to you to perform this stretch safely.
- First, make sure you are standing straight with good posture.
- Raise your arms up your sides to 90 degrees.
- Keeping your arms straight, move your arms in a large circle clockwise and counterclockwise
- You will perform this stretch both directions for 10 repetitions continuously.



Stretch #4 Thoracic Mobility

- This stretch should be performed in an open area and on a stable surface. Be sure to give yourself a couple feet of space next to you to perform this stretch safely.
- First, lay on your side with both your arms out in front of you and knees/hips bent to 90 degrees.
- Rotate your top arm until it touches the floor on your opposite side.
- Return to the position you started in.
- You will perform this stretch 10 times, then switch to the alternate side.



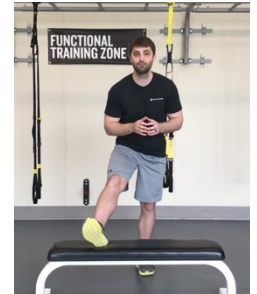
Static Home Stretches

Guidelines

- Hold stretches for 1 to 2 minutes
- Stretch to the point of mild discomfort. Moderate to severe pain should not be experienced.
- These stretches are designed for healthy individuals to perform at home. Do not perform if these stretches cause any endangerment to your well-being

Stretch #1 – Hamstring

- The hamstrings are a muscle group located on the back of your thigh. Tight hamstrings can lead to various conditions, such as low back pain.
- This stretch can be performed on any stable surface that is approximately knee height in your living space. Examples include a couch, chair, stair step, stool, etc.
- Start by standing a couple feet away from the object you plan on using as your platform.
- Place the back side of your heel on the platform while keeping your leg straight.
- Keep your chest “tall” and keep standing in good posture.
- You can then lean forward, if necessary, to achieve a greater stretch.
- Hold the stretch for 1 to 2 minutes and alternate your legs.



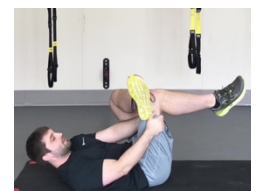
Stretch #2 – Hip Flexor

- The hip flexors muscle group is located in the front of your hip and thigh. Tight hip flexors can be caused by sitting for long periods of time and can lead to hip pain.
- This stretch should be performed in an open area, on a stable surface. If necessary, using a yoga mat or placing towels/pads underneath your knee can help reduce discomfort.
- Start by getting into a lunge position.
- On the side that you’re stretching, place your knee on the floor directly underneath you.
- Take your other leg and place it in front of you with your foot flat on the ground and knee bent to 90 degrees.
- Keep your chest “tall” and your back straight.
- With the leg that is in front of you, shift your weight to that side and “push” into the ground.
- At the same time, squeeze your glute muscles on the opposite side and lean forward.
- If a greater stretch is necessary, rotate your torso toward the side you’re attempting to stretch.
- Hold the stretch for 1 to 2 minutes and alternate your legs.



Stretch #3 – Piriformis

- The piriformis muscle is located deep to the glute muscles in your buttocks. A tight piriformis can cause general hip pain and sciatic nerve irritation.
- This stretch should be performed in an open area, on a stable surface. If necessary, using a yoga mat or placing a towel on the floor will help with discomfort.
- First, lie on the floor with your back down and knees slightly bent.
- Take one leg and place your foot/ankle on the front side of the opposite bent knee.
- On the leg where the crossed foot/ankle is resting, grab the back side of your thigh and pull towards you until you feel a stretch.
- Hold the stretch for 1 to 2 minutes and alternate your legs.



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Stretch #4 – Shoulder

- This stretch should be performed in an open area and on a stable surface.
- First, stand straight up with your chest “tall” and your back straight.
- Bring one arm across your body and grab it with your opposite arm.
- Pull your arm close to your chest until you feel a stretch.
- Hold this stretch for 1 to 2 minutes and alternate your arms.



Stretch #5 – Chest

- This stretch should be performed in an open doorway.
- Stand in an open doorway and lift your arms up to your sides, keeping them bent at 90 degrees.
- Bend your elbows to 90 degrees and place your forearms on the frame of the doorway.
- Slowly lean forward until you feel a stretch.
- Hold this stretch for 1 to 2 minutes.

