

What to expect

- Stretching should create a feeling of tension in the muscle being stretched...and should not be painful
- Each stretch should be held for at least 30 seconds. You should not bounce or stretch ballistically. You can repeat each stretch 3-5 times. As you repeat stretches the amount of muscle tension felt will ease.
- During stretching sessions you should relax and breathe normally.
- Your complete stretching routine can take as little as 10 minutes or last as long as 1 hour. It is best to perform your flexibility routine as a separate exercise session and after either some light form of activity or after your muscles are warm or at the end of the day.
- If you have been inactive, had recent injury or surgery or wish to have a personal flexibility program designed you should consult your physio therapist or doctor before beginning stretching sessions.

1 Hamstring

Helps reduce lower back pain caused by tight posterior thigh muscles



Tip: Reduce the amount of hip flexion if the stretch is too strong



2 Quadriceps

Great for recovery from tight thigh muscles following running or cycling. Also helps reduce muscle tightness related to anterior knee pain



Tip: Make sure you use a pillow under your knee and keep your tummy tight



3 Posterior chain

Helps ease muscular tightness in your lower back and along your posterior thigh



Tip: Stretch only to a comfortable level and keep your opposite shoulder in contact with the floor



4 Adductor

For inner thigh flexibility. Useful stretch for any lower limb activity.



Tip: Do not allow your body to roll to the stretching side; ensure you feel your groin stretch. Foot should not make contact with floor.



5 Buttock stretch

Perfect stretch for walkers, runners or cyclists or those who sit all day



Tip: Allow your leg to relax and stretch towards your head. You should feel a stretch in the buttock of the crossed leg



6 Lateral trunk

Great general stretch for hamstring, lower back and buttocks



Tip: If can not reach your foot then grip the band to assist your stretch. See 6b.



7 ITB / Lateral Thigh

Advanced stretch for serious cyclists and runners



Tip: Once you have crossed your bottom leg, keep your stomach tight, relax and allow your lateral leg to stretch downwards.



8 Peroneal / Lateral leg

Fantastic stretch for reducing lower leg tightness following walking or running



Tip: Ensure you allow your foot to roll inwards to feel a stretch



9 Hip flexor

Ideal stretch for people who sit for long periods or who suffer from lower back stiffness



Tip: Make sure you push your hip forward and keep your stomach muscles contracted



10 Shoulder rotators

A must before golf, tennis or swimming



Tip: Stretch comfortably only - do not cause shoulder pain

11

Posterior Shoulder

Lateral/Posterior Shoulder Stretches

Fantastic for swimmers



Tip: Relax and allow your shoulder and upper back to stretch. Do not fight against the stretch by pulling against the band



Latisimus stretches

13

Stretch Band™

STRETCHES



	1	2	3	4	5	6	7	8	9	10	11	12
	Hamstring/Bent knee hamstring	Lateral Leg	Posterior Chain	Adductor	Buttock Stretch	Lateral Trunk	ITB	Quadracep	Hip Flexor	Shoulder Rotator	Shoulder Rotator	Lat Stretch
SYMPTOMS												
Shoulder Flexibility						○				○	○	○
Calf Tightness	○	○	○									
Buttock Tightness	○	○	○		○	○						
Groin Flexibility				○	○				○			
Lateral Hip Tightness		○	○		○		○	○	○			
Lateral Knee Pain					○			○	○			
Anterior Knee Pain	○				○		○	○	○			
Mid Back Stiffness		○	○			○			○			○
Lower Back Stiffness	○	○	○		○	○			○			○
Thigh Tightness							○	○	○			
Hamstring Tightness	○	○	○		○	○						
ACTIVITIES												
General Wellbeing	○	○	○	○	○	○	○	○	○	○	○	○
Manual Labour	○	○	○		○	○	○	○	○	○	○	
Golf	○	○	○	○	○	○		○	○	○	○	○
Raquet Sports	○	○	○	○	○	○	○	○	○	○	○	○
Walking	○	○	○	○		○	○	○	○			○
Sitting/Sustained Postures	○	○	○		○	○			○			○
Cycling	○	○	○		○	○	○	○	○			
Running	○	○	○	○	○	○	○	○	○			○
Swimming	○	○	○		○	○		○	○	○	○	○