

dynamic

PHYSIOTHERAPY &
SPORTS INJURY CLINIC



Tilt your head toward one shoulder until you feel the stretch on the opposite side. Using your hand, gently pull your head further to the side. Place the other arm behind your back to increase the stretch

Hold 30 secs.
Repeat 2-3 times.

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Stand or sit. Bend and lift the arm to be stretched.

Grasp your elbow with the other hand and push back and down until you can feel the stretching at the back of your arm and upper back.

Hold 30 secs.
Repeat 2-3 times.

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Sit or stand with your back straight and ears in line with the shoulders.

Squeeze your shoulder blades attempting to place the backs of the hands together until a stretch is felt in the front of the chest.

Hold 30 secs.
Repeat 2-3 times.

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Stand straight with one hand on your hip and the other straight up.

Bend to the side with opposite arm reaching overhead. Keep your pelvis in mid-position.

Hold 30 secs
Repeat 2-3 times.

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Quads Stretch

Stand holding on to a goal post or stretching partner. Grasp just above your ankle with your hand; bend your knee without bending at the hip. Keep a straight back.

Hold 30 secs.
Repeat 2-3 times.

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Short Adductor Stretch (Bilateral)

Sit on the floor, and place the soles of your feet together. Grip the feet and press down onto your knees with your elbows. Maintain a straight back during the stretch

Hold 30 secs.
Repeat 2-3 times.

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Stand with legs greater than shoulder width apart

Bend one leg while lunging to the same side. Place your hands on the bent knee, but do not bend forward at the waist. Continue to shift your weight until you feel stretching on the inside of the thigh on the straight leg.

Hold 30 secs.
Repeat 2-3 times.

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Hamstring Stretch (Sitting)

Sit with one leg straight, and the other comfortably bent as picture illustrates. Reach forwards with your hand towards your foot, bending at the hip and keeping the back straight. Press your other hand on top of your knee to keep it straight.

Hold 30 secs.
Repeat 2-3 times.

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Stand with your feet hip width apart and take a step forward.

Take most of your weight on the leading foot. Gradually shift your weight to the back foot stretching your heel to the ground. Keep your upper body in line with your back leg and your toes pointing straight ahead.

Hold 30 secs.
Repeat 2-3 times.

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Anterior Tibial Stretch

Kneel on all fours, sit back onto your ankles pressing the front aspect of the ankles to the floor. Avoid if you feel any pain in your knees.

Hold 30 secs.
Repeat 2-3 times.

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Hip Flexor

Place a knee on the ground and the other forward, then tighten your abdominal muscles to stabilise your trunk. Move your pelvis forward, while keeping your back straight, until you feel a stretch on the front of the hip.

Hold 30 secs.
Repeat 2-3 times.

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Ankle Circles

Keeping most of your weight on the front leg, place the toe of your back leg onto the ground. Using your toe as a pivot, move your heel in a circular motion to rotate the ankle joint through its range of motion.

Hold 30secs.
Repeat 2-3 times.

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Abductor Stretch Standing

Stand with your right side to the wall. Take your left leg behind your right leg, keeping both legs straight. Move your left hip to the side as though you are carrying a box on your hip. Side bend to the right, while lifting your left arm over head.

Hold 30 secs.
Repeat 2-3 times.

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