

### **An Example of a Daily Stretching Routine**

(These will take about 20 to 30 minutes, depending on the number of exercises and repetitions.)

#### **Floor:** mostly for legs and back

- Sit on floor. Grab the ends of a belt with each hand and place the middle of the belt around the ball of your left foot. Pull for 10 seconds. Repeat 5 times, then do the right foot.
- Lie on back.
  - Pull knees loosely up to chest and wiggle your ankles for 30 seconds.
  - Pull knees tightly up to chest and hold for 30 seconds.
  - Place your feet on the floor with knees bent.
    - Straighten one leg at a time and hold for 5 seconds. Do the other leg. Repeat 10 times.
    - Straighten your back and lift your butt off the floor. Hold for 5 seconds. Repeat 10 times.
  - Pull knees tightly up to chest, place hands behind your head and do 10-15 sit ups.
  - Stretch legs out straight on the floor and lift one at a time for 5 seconds. Repeat 10 times.
- Lie on stomach.
  - Pointer: get on hands and knees. Lift left arm and right leg and “point”. Hold for 5 seconds. Then switch to right arm and left leg. Repeat 10 times.
  - Do 30 push-ups.
  - Superman: lie on stomach with arms held out straight like superman. Lift one leg at a time and hold for 5 seconds. Then lift the other leg. Repeat 10 times.

#### **Stairs:** mostly for quads and calves

- Put the balls of your feet on a stair. Take 10 seconds to slowly lower yourself thereby stretching the calves. Take 10 seconds to return your feet parallel to the floor. Repeat 5 times. Rolling your head while doing this stretches your neck.
- Stand on the floor with your hands on the wall [or the railings of the stairs] with one foot about a foot in front of the other and the back foot pointing outward.
  - Keeping the back leg straight, slowly [20 seconds] bend the front leg thereby stretching the back leg. Then repeat with the back leg bent. Repeat 3 to 5 times. Then switch the front and back legs and repeat the whole process.
- Runner’s stretch. Keep standing leg straight and bend other leg as much as you can. Hold for 10 seconds. Repeat 3-5 times, then do the other leg.
- The other runner’s stretch. With one leg on the floor, put the other leg on the 3<sup>rd</sup> stair. Bend at the waste to try to touch your toe with your hand. Hold for 10 seconds. Repeat 3-5 times, then do the other leg.
- The can-can. Hold on to the wall or stair rail. Keep one leg straight on the floor and bend the other leg as much as you can and kick in and out 5 times [a can-can]. Switch legs. Repeat 10 times.

**Standing:** mostly for shoulders and back

- Stand with feet apart about shoulder width.
  - Shoulder rolls:
    - Alternate shoulder: 20 times.
    - Both shoulders: 20 times
    - Shrug left, then right: 10 times.
    - Shrug both: 10 times.
  - Put your hands behind your head: twist your body as far as you can to the left, then to the right. Basically, you are trying to look behind you. Repeat 10 times. Then put your hands on your hips and do the same thing.
- Put your feet together. Lift up your heels and then put them down to the floor. Repeat 20 times. Then point your toes outward and repeat. Then point your toes inward and repeat.
- Grab your left elbow with your right hand and pull the elbow as close to you as you can until a stretch is felt in the shoulder. Hold for 30 seconds. Repeat 3 times. Then do the other shoulder.