

MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

PRINCIPLES OF STRETCHING

Research suggests that best stretches are:

Dynamic stretches performed before exercise involving movement in and out of stretch repeated X10

Static stretches performed after exercise involving holding the stretch for 30 seconds X 2
Never bounce your stretches or push into pain
The stretch should be sustained, gently pushing into greater range as the tension in the muscle reduces

The best results are achieved by doing a little bit often



Gently peel your spine off the floor



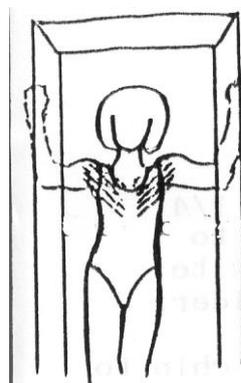
Walk your hands gently away from your body while letting your spine drop towards the floor

SHOULDER

Pull arm across to opposite shoulder



While pointing your thumb to the floor, lightly stretch your shoulder across and down



PECTORALS

Place your elbows against the doorframe, and lean lightly forwards. Keep your back from arching.

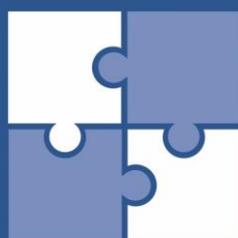
BACK

Gently tuck your knees towards your chest



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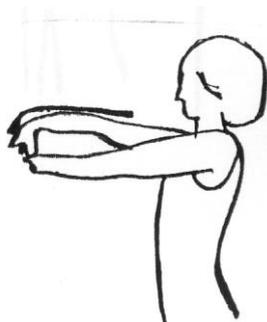


FOREARM

Thumb across your palm and fingers over the top, with a straight elbow pull your palm towards your forearm



With your shoulder depressed away from your ear, guide your head with your opposite hand sideways away from the side of stretch



BICEPS

With your fingers pointing backwards, and elbow straight, turn your body slightly away from the wall and push your shoulder forwards

With your other hand, press your wrist backwards with fingers pointing down

NECK



Depress your shoulder on the side of the stretch and use your other hand to gently move your head to look down towards the opposite armpit



TRICEPS

Use your opposite hand on your elbow to stretch across and behind your head.

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