


# Stretching and Mobility

*Disclaimer:*

*This information is intended for general educational purposes only and is not a substitute for medical advice. Please consult your healthcare provider for information specific to your personal health situation.*

Benefits to regular stretching:

- Reduces pain
- Maintains available range of motion of a joint

STRETCH	What am I Stretching and Why?
	<p>Steps:</p> <ul style="list-style-type: none"><li>• Slide hand up inside of doorway</li><li>• once at the top, try to lean your body forward so that your arm is behind you</li></ul> <p>Muscles:</p> <ul style="list-style-type: none"><li>• pectorals, latissimus dorsi (lats)</li></ul> <p>Helps to:</p> <ul style="list-style-type: none"><li>• reach up high</li><li>• change shirts</li><li>• maintain an upright posture</li></ul>



Steps:

- Hold a supportive surface
- Put one foot up on a couch or chair
- Bend your front knee and push your hips forwards
- Easier stretch: lunge stretch on side of chair

Muscles:

- hip flexors and quads

Helps to:

- stand up straight
- bend your knees



Steps:

- Bring one leg up on the side of the couch or bed
- Reach for your toes keeping your torso tall

Muscles:

- Hamstrings, lumbar erectors

Helps to:

- reach down low
- reduce sciatic pain or pulling in the back of your legs



Steps:

- Assume a staggered stance, hold onto a supportive surface
- Keep back heel on ground and lean forward, bending front knee

Muscles:

- gastrocs and soleus (calf muscles)

Helps to:

- walk with less pain in calves and feet
- prevent catching toes
- standing up out of a chair by pushing knees forwards



Steps:

- Place one foot on top of your knee
- Keep knee down with hand and lean forwards

Muscles:

- glutes and piriformis (hip external rotator group)

Helps to:

- relieve glute, sciatic and low back pain
- be able to put on your socks