

Daily Body Stretches

Gently hold each stretch
for optimal benefit

Legs

Lunge

Stand with your feet pointing forwards, shoulder width apart. Take a step forward with your right foot. Keeping your left heel on the ground gently bend the right knee. Hold for 10 seconds. Repeat for the other side



Hamstring stretch

Extend the left leg straight in front of you with your heel at 90 degrees. Keeping your back straight, stretch the back of the left leg. Hold for 10 seconds. Repeat for the other side.



Quad stretch

Safely hold onto a wall and bend your left knee. Grasp your left foot with your left hand. Keep your knees together and gently press your hip forwards. Hold for 10 seconds. Repeat for the other side.

Chest & Back

Chest stretch

Place your chin on your chest and lock your hands behind your back. Straighten your arms and push the chest out. Hold for 10 seconds.



Upper back stretch

Drop your chin to your chest and lock your hands in front of your body. Push forwards with your arms. Hold for 10 seconds.

Neck

Neck side stretch

With your arms hanging by your sides tilt your head sideways making sure your shoulders are square. Hold for 15 seconds and then repeat on the opposite side



Head turn

Slowly turn your head to one side and hold this position for 5 seconds. Repeat on the other side



Body Stretch



Bridge stretch

Sit or stand with a straight posture interlace fingers and turn palms upwards above head. Straighten both arms and push upwards for 10 seconds.

All stretches should be carried out gently, if discomfort is felt cease stretch. Do not undertake if recent injury to joints or muscles has occurred. If pain is experienced stop and see your doctor