

Stretching

1 Quad Stretch



LEVEL 1:

- Tuck your toes under seat and relax back onto chair.
- For more intense stretch, slide forward toward the edge of seat.

LEVEL 2:

- Using wall for stability, bend knee and grab on to shoe/ankle/pant leg.
- Try to stand up straight and keep knees together.

2 Hamstring Stretch



LEVEL 1:

- Sitting toward the front of chair, stick one leg out straight with toe up toward ceiling.
- For deeper stretch, lean in and reach for toe.

LEVEL 2:

- Using wall for stability, stick one leg out straight with toe up toward ceiling.
- Sink hips back as you lean in and reach for toe.

3 Calf Stretch



LEVEL 1:

- With both legs out straight, slowly alternate between pointing and flexing feet.
- Repeat 10 times.

LEVEL 2:

- Using wall for support, get into wide stance with front knee deeply bent and heel of back foot all the way on floor.

4 Hip Stretch



- From seated position, sit up straight and bring one ankle over opposite thigh.
- Wrap hands around thigh and lean in for deeper stretch.

5 Overhead Reach



- Slowly raise arms out to the sides and up overhead.
- Slowly lower arms back down to starting position.
- Repeat 5 – 10 times.

6 Side Stretch



LEVEL 1:

- Place hands on hips and slowly lean to one side.
- Only lean far enough to feel slight stretch going down opposite side of body.

LEVEL 2:

- Place one hand on hip and other hand reaching up toward ceiling.
- Slowly lean toward side with hand on hip.

7 Chest Stretch



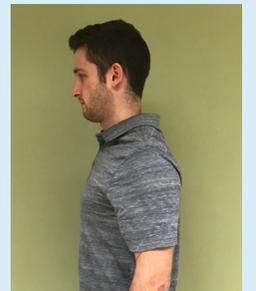
- Reach both hands behind back and interlock fingers.
- Squeeze shoulder blades together and pull shoulders down away from ears.

8 Back Stretch



- Interlock fingers in front of body.
- Straighten out your arms, round your back and tuck your chin.
- Try to make as much space as you can between shoulder blades.

9 Shoulder Rolls



- Slowly roll your shoulders up, back and down (in a circle).
- Repeat 10 times in each direction

10 Shoulder Stretch



- Bend elbow and place hand on the opposite shoulder.
- Use other hand to gently hold elbow in place.
- Intensify stretch by gently pressing elbow toward opposite shoulder.

11 Triceps Stretch



- Lift one arm up over head and bend at elbow, letting hand and forearm reach back behind head/neck.
- Gently hold elbow in place with opposite hand.
- Try to keep head up and look straight ahead.

12 Neck Stretches



STRETCH 1:

- Bring ear over toward shoulder.
- Leave shoulders down and relaxed.

STRETCH 2:

- Slowly turn head to look over shoulder.
- Leave shoulders down and relaxed.

General Stretching Recommendations

- Keep stretching slow and controlled.
- Avoid forceful movements, jerking and bouncing.
- Breathe while you stretch. Do not hold your breath!
- Hold each stretch at least 10 – 15 seconds.
- May hold longer, especially if you're feeling tight.
- Always stretch warm muscles. Best time to stretch is right after your exercise session.
- Stop or lessen the stretch if you feel any pain.
- Surgical patients, please be mindful of sternal precautions. Avoid upper body stretches until instructed otherwise by Cardiac Rehab staff.
- Level 1 stretches are appropriate for patients with sternal precautions.

