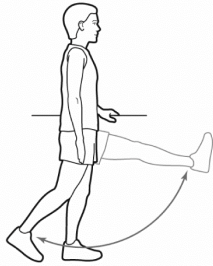


DYNAMIC STRETCHES



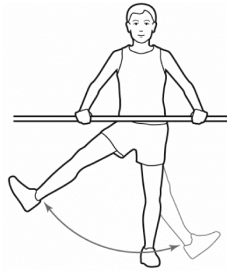
1: LEG SWINGS FORWARD AND BACK

Holding on to something, swing outside leg forwards and backwards to a comfortable height. Keep trunk and lower back rigid. Alternate legs.



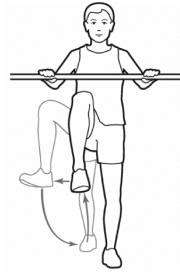
2: LEG SWINGS SIDE TO SIDE

Holding on to something, swing one leg outwards, then across the body, pointing toes in the direction you're swinging. Minimise lower back movement. Alternate legs.



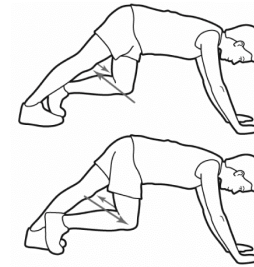
3: HURDLE STEP OVERS

Stand supported, one leg slightly back. Lift rear knee high, rotate leg outwards and step down. Reverse; rotate leg outwards, take knee to front, step down. Minimise trunk movement. Alternate legs.



4: LOWER LEG CALF RAISES

From a push-up position, push one heel towards the ground then put weight on ball of foot and repeat. Alternate legs.



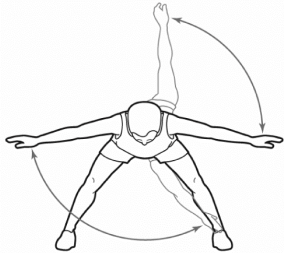
5: UPPER BODY TRUNK ROTATION (MID RANGE)

With feet shoulder width apart, a straight back and slightly bent knees. Swing arms across body at waist height to stretch lower back. Move arms to shoulder height and above your head to stretch mid and upper back.



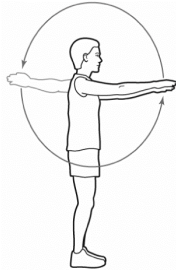
6: BENT OVER UPPER BODY ROTATION

Keep your back straight. Bend the knees as you transfer weight. Reach with your arm to the opposite foot. Do five each side.



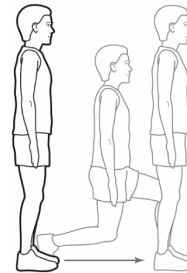
7: ARM CIRCLES

Stand with your back straight and knees slightly bent. Swing both arms around in circles, keeping your back still. If you feel tight in a certain area, spend more time on the area to loosen it up. Change direction and repeat.



8: LUNGE WALKS

Keep your trunk upright and place feet shoulder width apart. Lunge forward. Keep knee in line with foot. Bend up to 90° - Do no greater. Do five each leg.



9: NECK MOVEMENTS - UP AND DOWN

Look up and then down, repeat. If you find tightness in an area, spend more time in the area to loosen up. You can add light pressure with your hand to increase the stretch in tight areas.



10: NECK MOVEMENTS - SIDE TO SIDE

Turn your head to look over one shoulder then the other, repeat. If you find tightness in an area, spend more time in the area to loosen up. You can add light pressure with your hand to increase the stretch in tight areas.



11: NECK MOVEMENTS - EAR TO SHOULDER

Take one ear to your shoulder, repeat other side. If you find tightness in an area, spend more time in that area to loosen up. Add light pressure with your hand to increase the stretch.



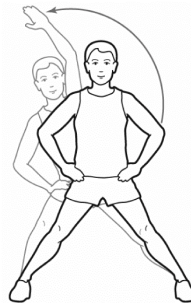
12: SQUATS

Keep your trunk upright and place feet shoulder width apart. Stick your bottom out and bend at hips and knees. Keep knees in line with feet, and heels on ground. Do five.



13: STRETCH UP

Reach up high, keeping one knee bent. Keep back straight and pull in abdominals. Do five each side.



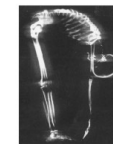
OTHER RECOMMENDED STRETCHES

Stretches

Do each stretch _____ times
_____ per day.

Functional goals:






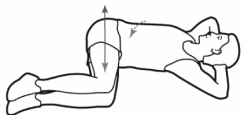
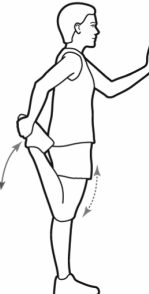


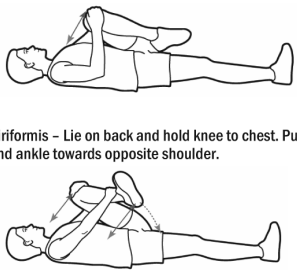
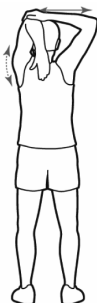

PHYSIOTHERAPIST OFFICE AND CONTACT DETAILS



HOGAN
osteopath clinic
Member NZQA | ACC Registered

STATIC STRETCHES



<p>1: LONG CALF MUSCLE Place hands on wall with one leg to rear. Keep the rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking calf stretch through rear calf.</p> 	<p>2: SHORT CALF MUSCLE Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep heel flat. Bend rear knee forward over rear foot.</p> 	<p>3: HIP FLEXORS Kneel on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in and squeezing buttocks. Keep head up.</p> 	<p>4: GROIN Sit on floor with back straight. Grasp the ankles and draw them towards groin. Use the elbows to apply a gradual downward and outward pressure on the knees.</p> 	<p>5: SHOULDER/CHEST Stand with head up, chin in, hands clasped behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull the stomach in to prevent arching of the lower back.</p> 
<p>6: LOWER BACK Lie with hands behind head, arms flat. Bend hips and knees at 90°, feet together. Roll knees over to ground. Upper knee should be directly above lower knee.</p> 	<p>7: FRONT THIGH Pull heel towards buttock. Keep back straight and knees together in line with hip and ankle.</p> 	<p>8: HAMSTRINGS Kneel on one leg with other leg out in front with the foot flexed. Keep back straight and bend forward at the hips to feel the stretch down the back of the leg.</p> 	<p>9: TRUNK SIDE FLEXORS Stand with feet comfortably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.</p> 	<p>10: BUTTOCK Gluteals – Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.</p> <p>Piriformis – Lie on back and hold knee to chest. Pull knee and ankle towards opposite shoulder.</p> 
<p>11: PECTORALS Stand side-on to a wall or pole with closest leg forward. Place forearm on wall with shoulder slightly above 90°. Turn upper body away from wall or pole.</p> 	<p>12: TRICEPS STRETCH Place one hand between shoulder blades. Place the other on your elbow and use it to pull the elbow towards midline.</p> 	<p>OTHER RECOMMENDED STRETCHES</p> <p><u>Stretches</u></p> <p>Hold each for _____ sec.</p> <p>Do each stretch _____ times</p> <p>_____ per day.</p> <p>Functional goals:</p>	<p>NEXT APPOINTMENT</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>PHYSIOTHERAPIST OFFICE AND CONTACT DETAILS</p>  <p>HOGAN osteopath clinic</p> <p>Member NZQA ACC Registered</p>