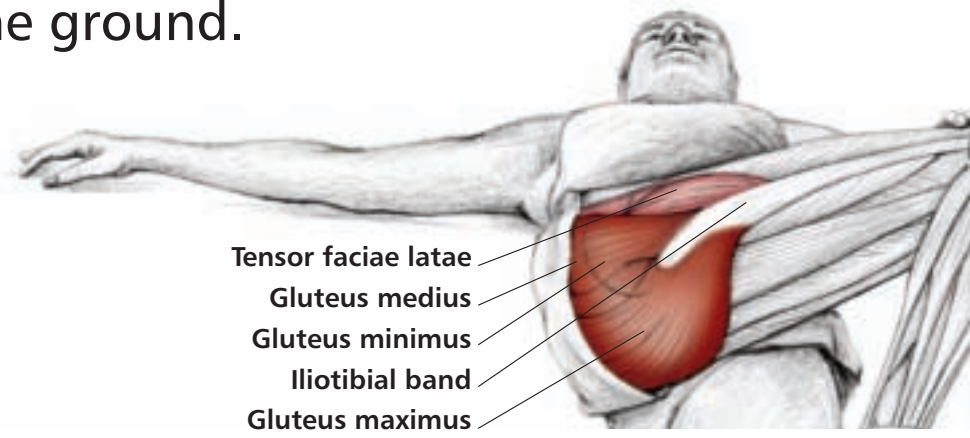


Lower Body Stretches

Lying Cross-over Knee Pull-down Stretch

Lie on your back and cross one leg over the other. Bring your foot up to your opposite knee and with your opposite arm pull your raised knee towards the ground.

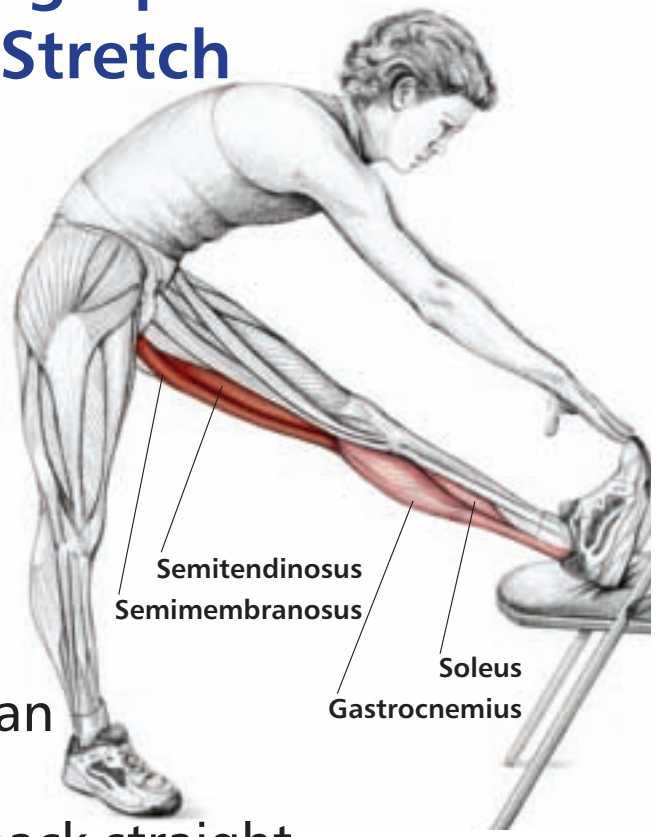


Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain. Iliotibial band syndrome.

Standing Leg-up Hamstring Stretch

Stand upright and raise one leg on to an object. Keep that leg straight and your toes pointing straight up. Lean forward while keeping your back straight.



Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain. Hamstring strain. Calf strain.

Standing Leg Tuck Hip Stretch

Stand beside a chair or table and place the foot furthest from the object onto the object. Relax your leg, lean forward and bend your other leg, lowering yourself toward the ground.

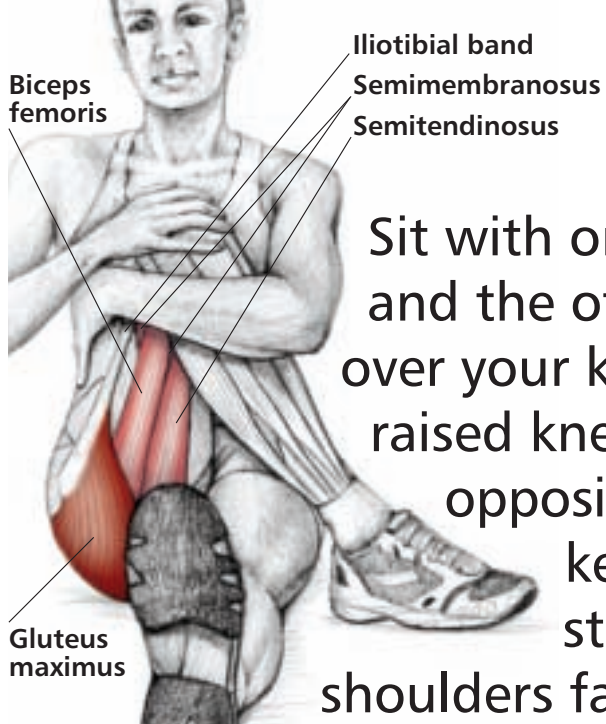


Sports injury where stretch may be useful

Piriformis syndrome. Snapping hip syndrome. Trochanteric bursitis.

Sitting Knee-to-chest Buttocks Stretch

Sit with one leg straight and the other leg crossed over your knee. Pull the raised knee toward your opposite shoulder while keeping your back straight and your shoulders facing forward.

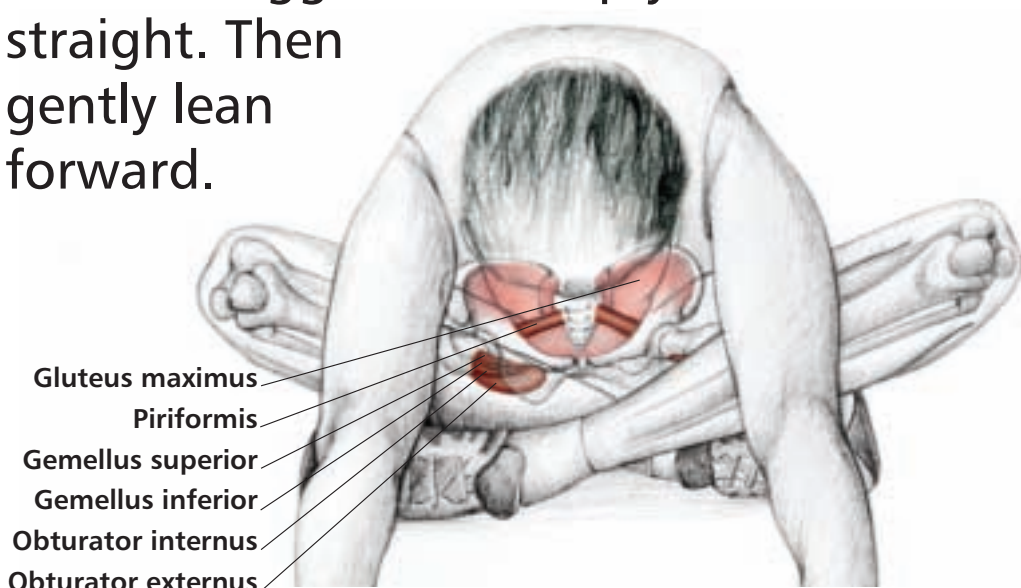


Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain. Hamstring strain. Iliotibial band syndrome.

Sitting Cross-legged Reach Forward Stretch

Sit cross-legged and keep your back straight. Then gently lean forward.



Sports injury where stretch may be useful

Piriformis syndrome. Groin strain. Tendonitis of the adductor muscles. Snapping hip syndrome. Trochanteric bursitis.

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The Rules for Safe Stretching

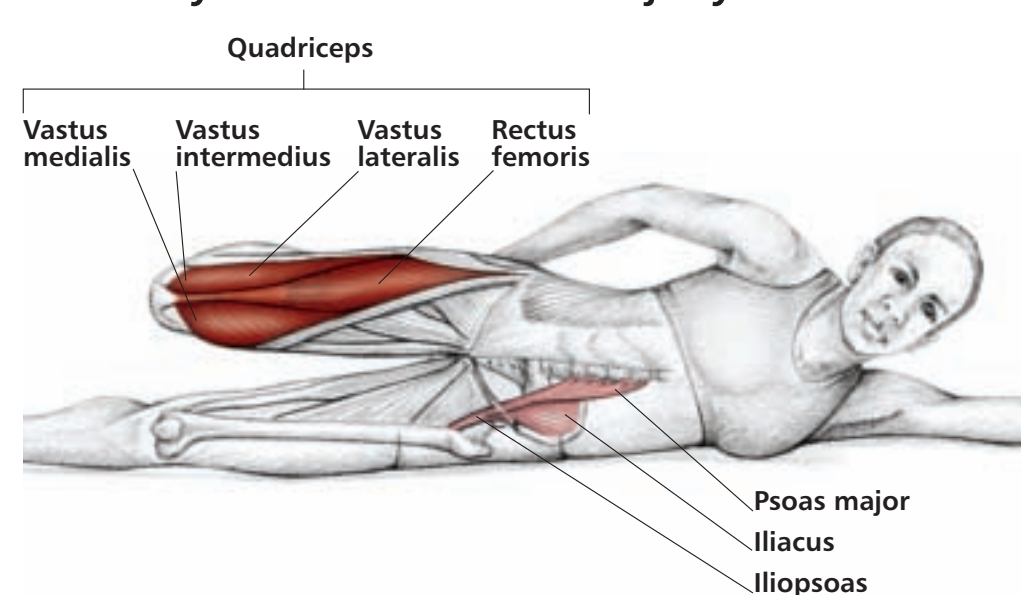
Slowly get into the stretch position and then hold each stretch for a minimum of 20 seconds. Remember, stretching can be extremely dangerous and harmful if done incorrectly, so please adhere to the following rules.

- Never stretch an injury, or damaged soft tissue.
- Warm-up prior to stretching.
- Stretch before and after exercise.
- Stretch all major muscles and their opposing muscle groups.
- Stretch gently and slowly.
- Stretch only to the point of tension.
- Breathe slowly and easily while stretching.

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On-your-side Quad Stretch

Lie on your side and pull your top leg behind your buttocks. Keep your knees together and push your hips forward. This position can put undue pressure on the knee joint and ligaments, so take care if you have a knee injury.

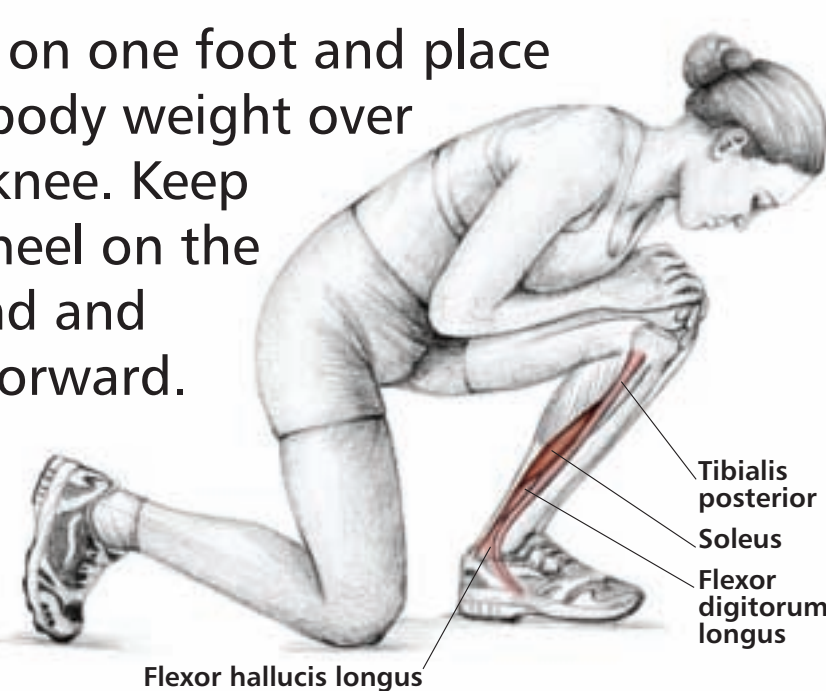


Sports injury where stretch may be useful

Hip flexor strain. Avulsion fracture in the pelvic area. Osteitis pubis. Iliopsoas tendonitis. Trochanteric bursitis. Quadriceps strain. Quadriceps tendonitis. Patellofemoral pain syndrome. Patellar tendonitis. Subluxing kneecap.

Kneeling Heel-down Achilles Stretch

Kneel on one foot and place your body weight over your knee. Keep your heel on the ground and lean forward.

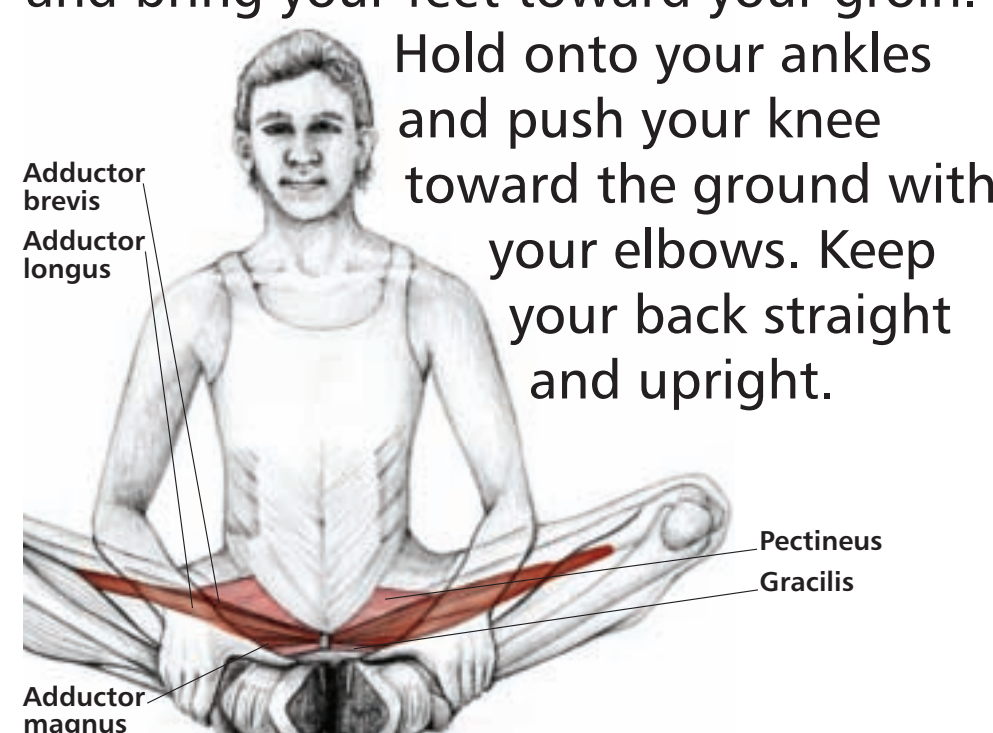


Sports injury where stretch may be useful

Calf strain. Achilles tendon strain. Achilles tendonitis. Medial tibial pain syndrome (shin splints). Posterior tibial tendonitis.

Sitting Feet Together Adductor Stretch

Sit with the soles of your feet together and bring your feet toward your groin. Hold onto your ankles and push your knee toward the ground with your elbows. Keep your back straight and upright.

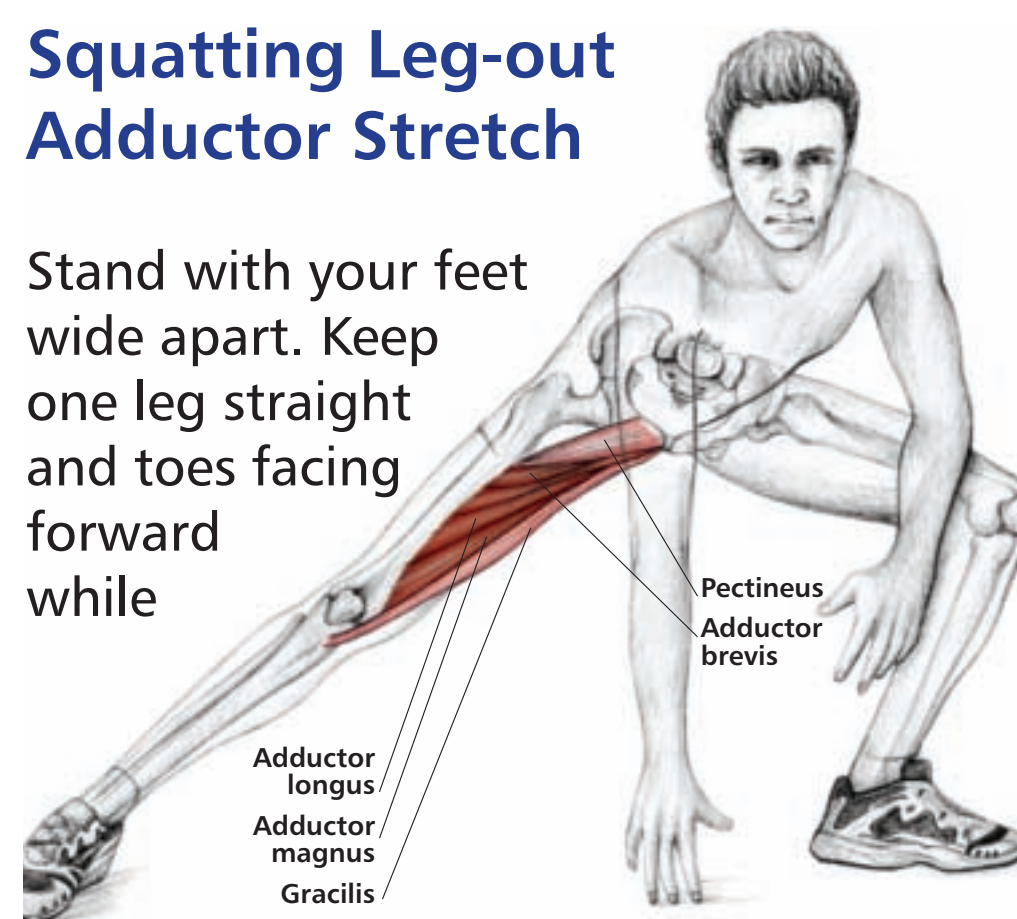


Sports injury where stretch may be useful

Avulsion fracture in the pelvic area. Groin strain. Osteitis pubis. Piriformis syndrome. Tendonitis of the adductor muscles. Trochanteric bursitis.

Squatting Leg-out Adductor Stretch

Stand with your feet wide apart. Keep one leg straight and toes facing forward while



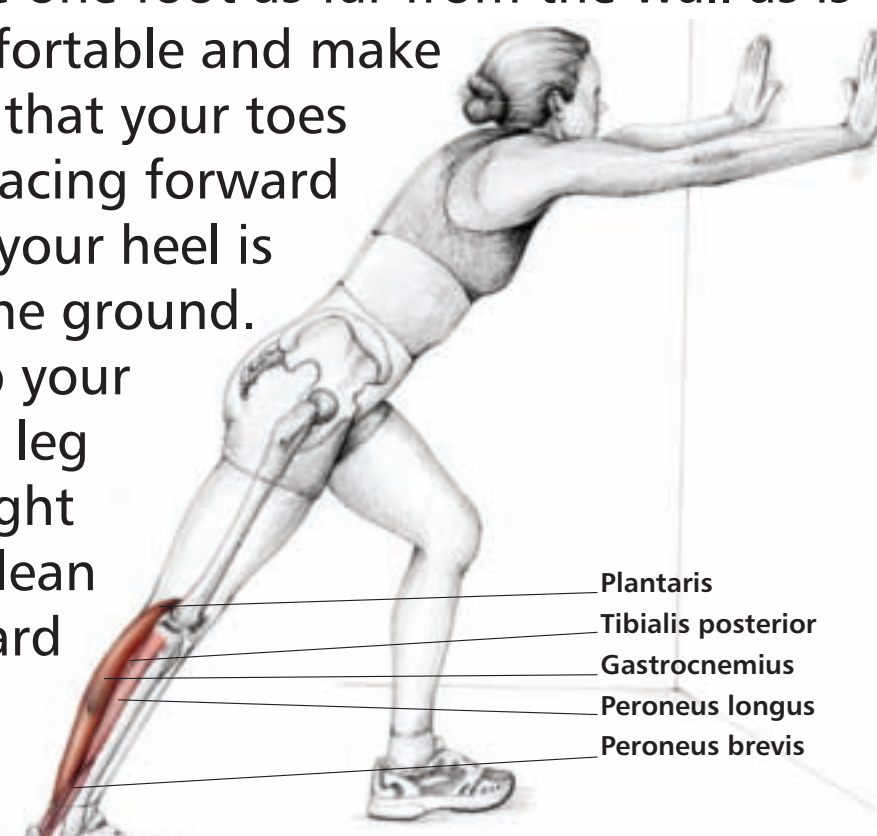
bending the other leg and turning your toes out to the side. Lower your groin toward the ground and rest your hands on the bent knee or the ground.

Sports injury where stretch may be useful

Avulsion fracture in the pelvic area. Groin strain. Osteitis pubis. Piriformis syndrome. Tendonitis of the adductor muscles. Trochanteric bursitis.

Leaning Heel Back Calf Stretch

Stand upright and lean against a wall. Place one foot as far from the wall as is comfortable and make sure that your toes are facing forward and your heel is on the ground. Keep your back leg straight and lean toward the wall.

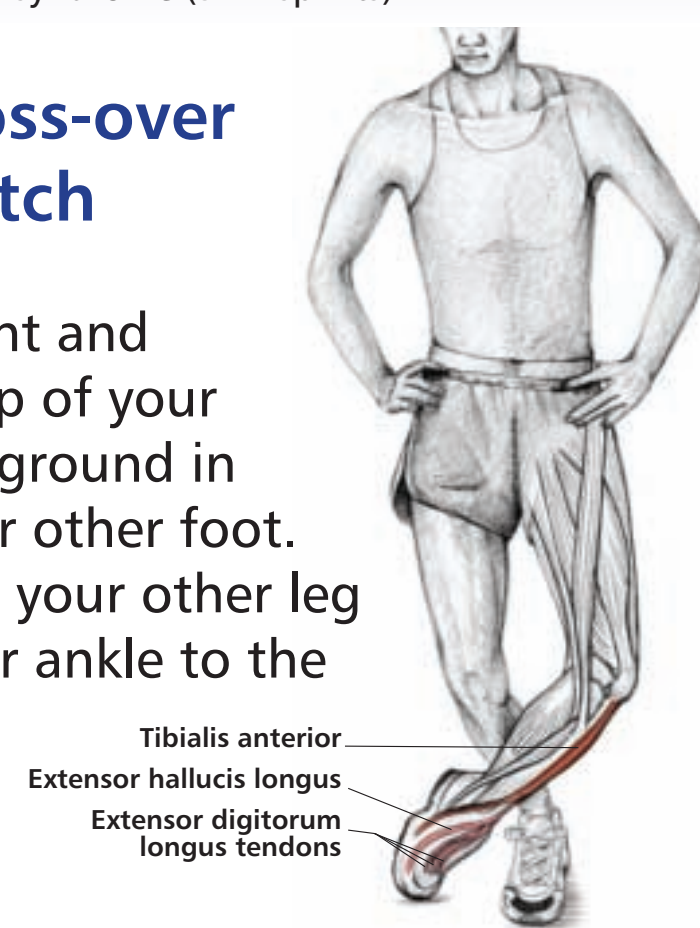


Sports injury where stretch may be useful

Calf strain. Achilles tendon strain. Achilles tendonitis. Medial tibial pain syndrome (Shin splints).

Front Cross-over Shin Stretch

Stand upright and place the top of your toes on the ground in front of your other foot. Slowly bend your other leg to force your ankle to the ground.

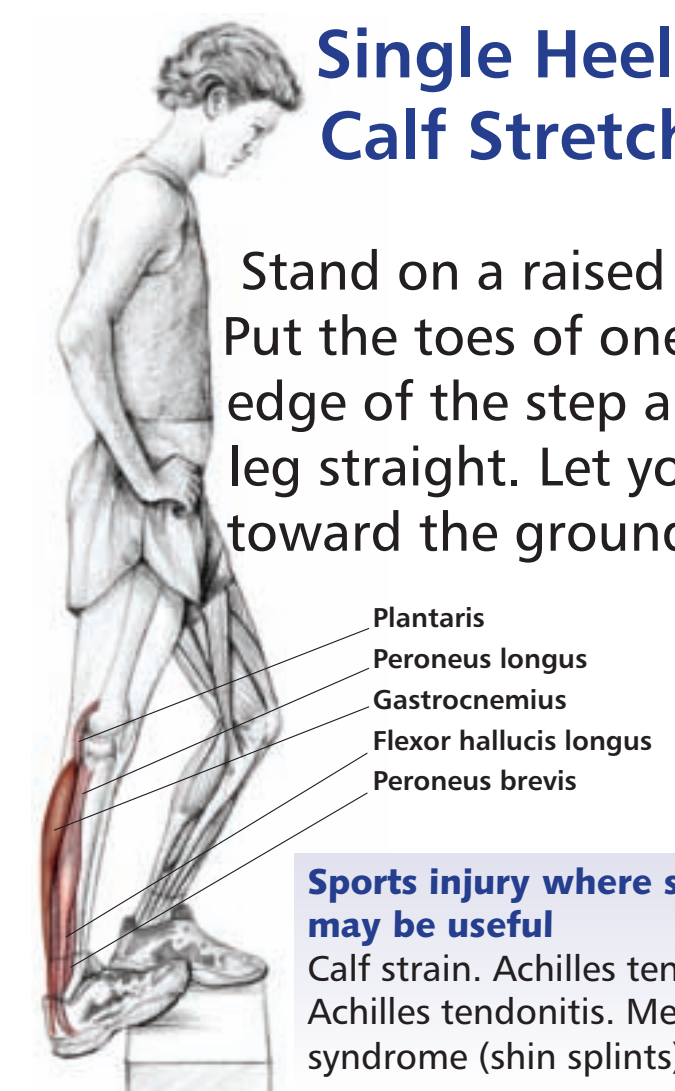


Sports injury where stretch may be useful

Anterior compartment syndrome. Medial tibial pain syndrome (shin splints). Ankle sprain. Peroneal tendon subluxation. Peroneal tendonitis.

Single Heel Drop Calf Stretch

Stand on a raised object or step. Put the toes of one foot on the edge of the step and keep your leg straight. Let your heel drop toward the ground.

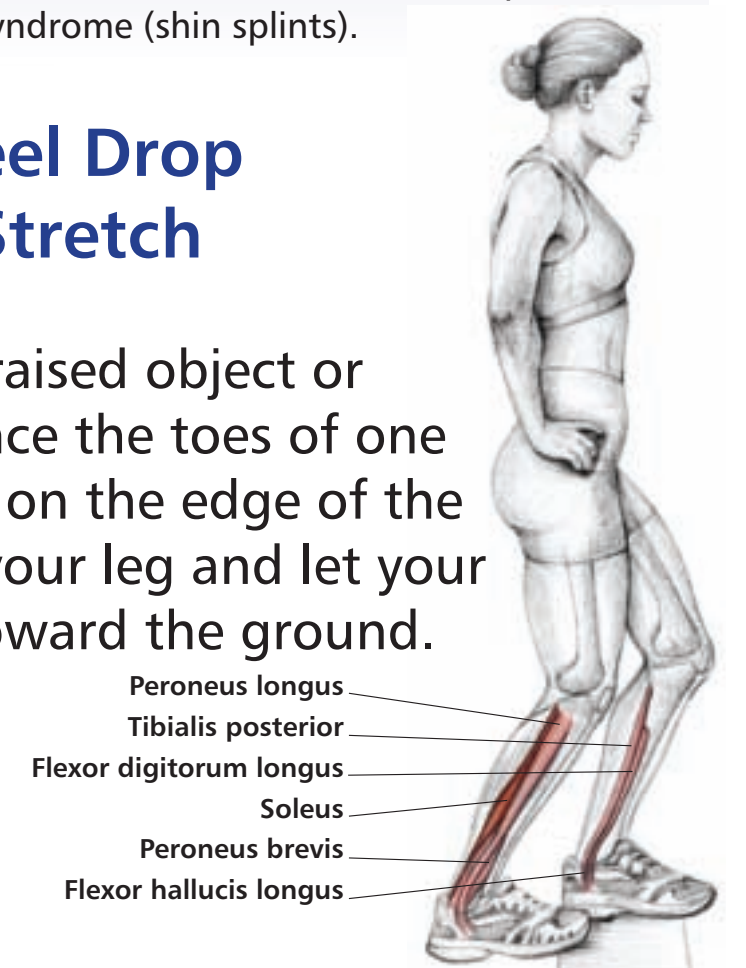


Sports injury where stretch may be useful

Calf strain. Achilles tendon strain. Achilles tendonitis. Medial tibial pain syndrome (shin splints).

Single Heel Drop Achilles Stretch

Stand on a raised object or step and place the toes of one of your feet on the edge of the step. Bend your leg and let your heel drop toward the ground.

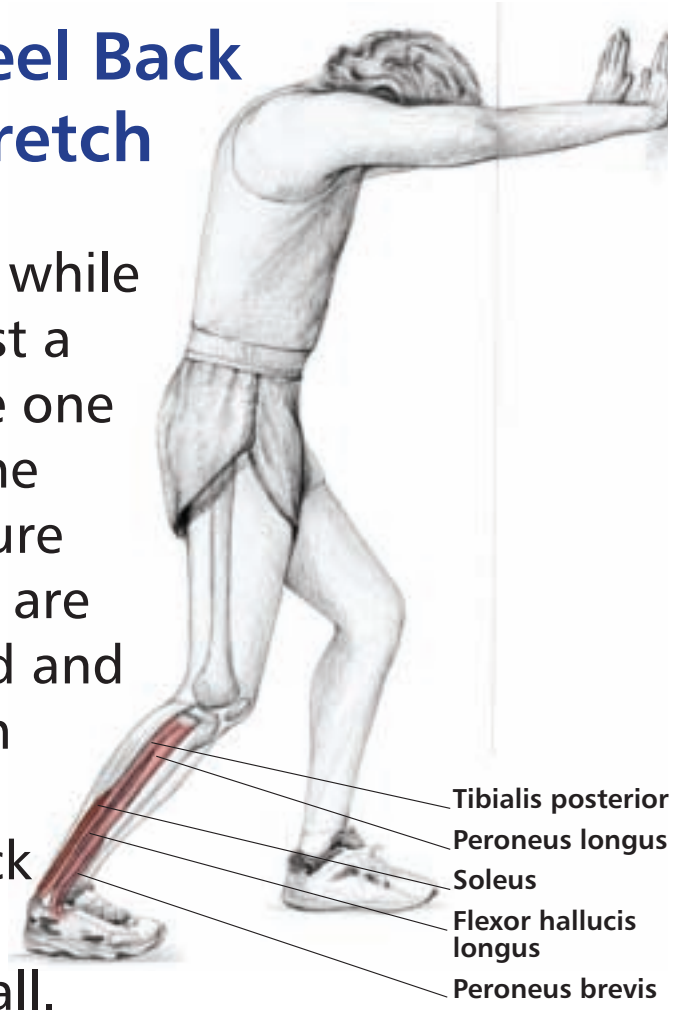


Sports injury where stretch may be useful

Calf strain. Achilles tendon strain. Achilles tendonitis. Medial tibial pain syndrome (shin splints). Posterior tibial tendonitis.

Leaning Heel Back Achilles Stretch

Stand upright while leaning against a wall and place one foot behind the other. Make sure that your toes are facing forward and your heel is on the ground. Bend your back leg and lean toward the wall.



Sports injury where stretch may be useful

Calf strain. Achilles tendon strain. Achilles tendonitis. Medial tibial pain syndrome (shin splints). Posterior tibial tendonitis.

Kneeling Quad Stretch

Kneel on one foot and the other knee. If needed, hold on to something to keep your balance. Push your hips forward.



Sports injury where stretch may be useful

Hip flexor strain. Avulsion fracture in the pelvic area. Osteitis pubis. Iliopsoas tendonitis. Trochanteric bursitis. Quadriceps strain. Quadriceps tendonitis.

Standing Leg Cross Abductor Stretch

Stand upright and cross one foot behind the other. Lean toward the foot that is behind the other. If necessary, hold onto something for balance.



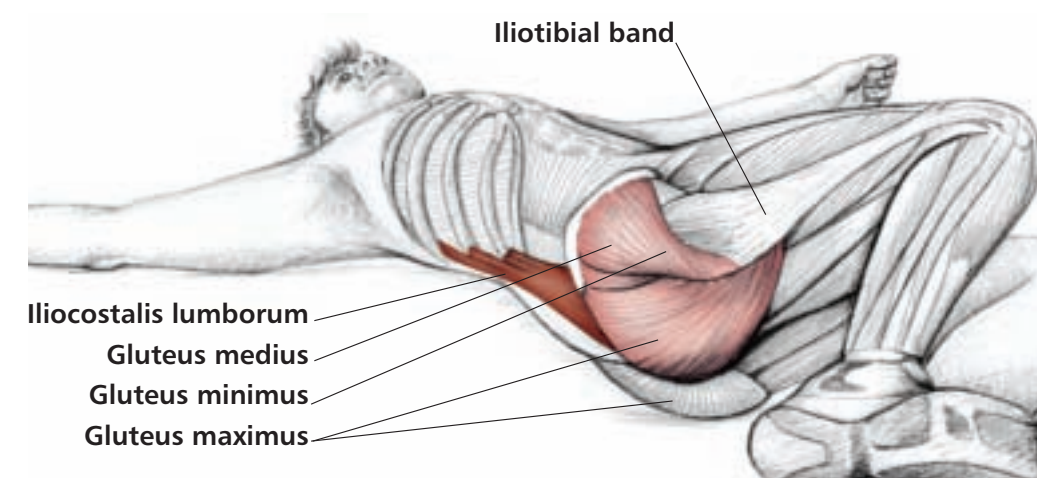
Sports injury where stretch may be useful

Trochanteric bursitis. Iliotibial band syndrome.

Neck, Back and Core Stretches

Lying Knee Roll-over Stretch

Lie on your back, keep your knees together and raise them slightly. Keep your arms out to the side and then let your back and hips rotate with your knees.

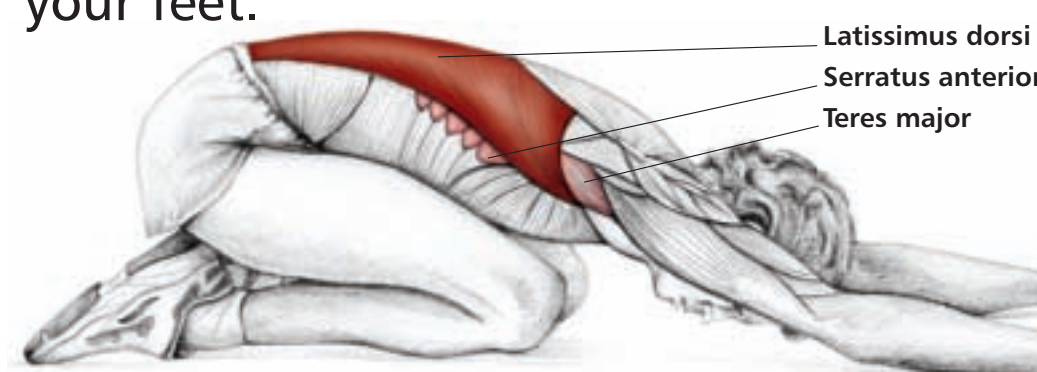


Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain. Iliotibial band syndrome.

Kneeling Reach Forward Stretch

Kneel on the ground and reach forward with your hands. Let your head fall forward and push your buttocks towards your feet.

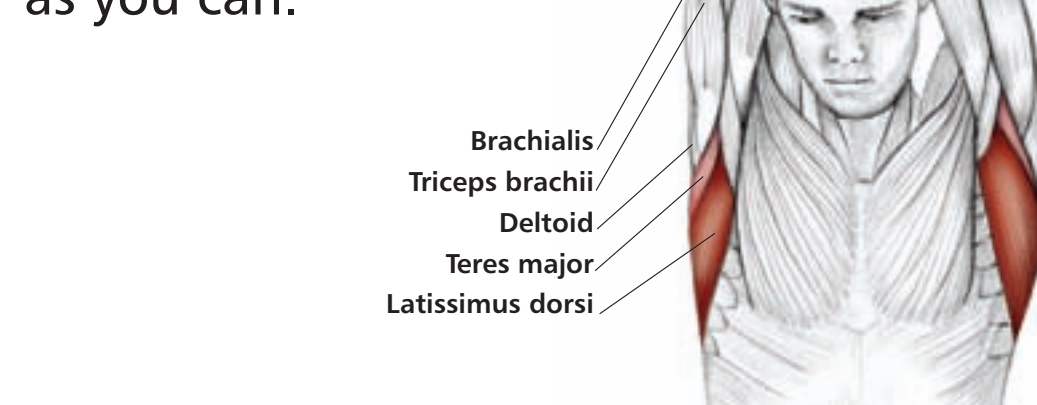


Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain.

Reach-up Back Stretch

Stand with your arms crossed over and then raise them above your head. Reach up as far as you can.

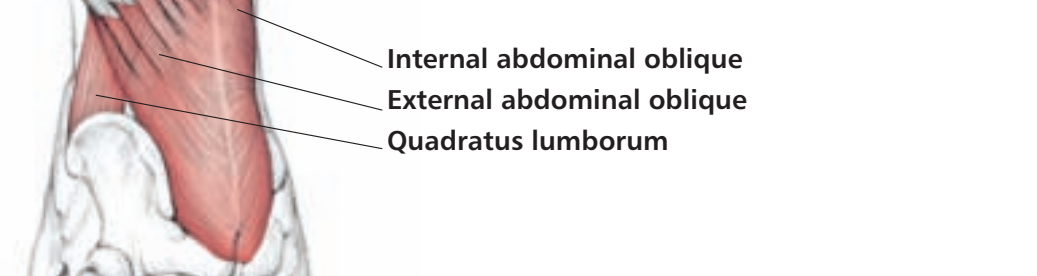


Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck. Upper back muscle strain. Upper back ligament sprain.

Standing Back Rotation Stretch

Stand with your feet shoulder-width apart. Place your hands across your chest while keeping your back and shoulders upright. Slowly rotate your shoulders to one side.

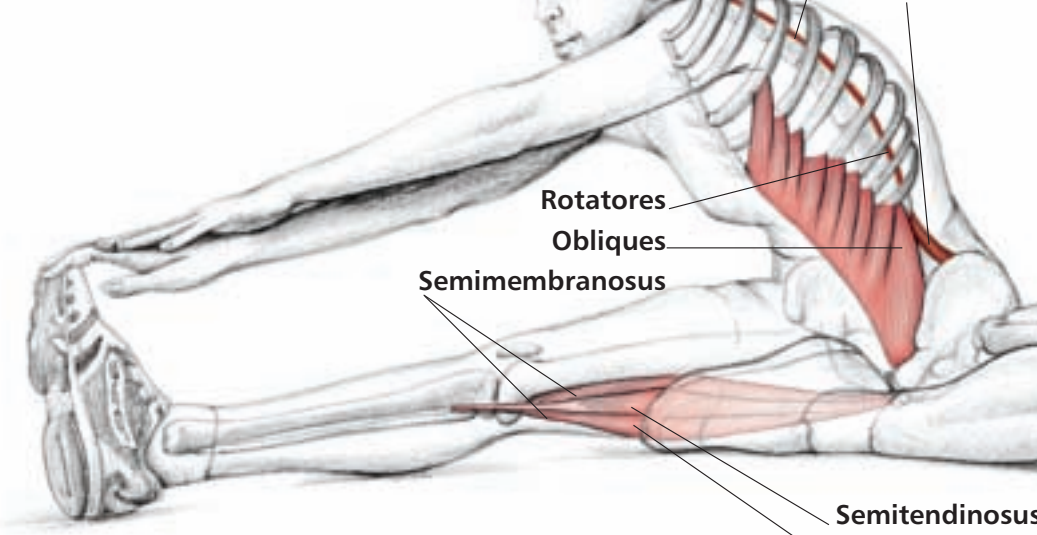


Sports injury where stretch may be useful

Back muscle strain. Back ligament sprain. Abdominal muscle strain (obliques).

Sitting Side Reach Stretch

Sit with one leg straight out to the side and your toes pointing up. Then bring your other foot up to your knee and let your head fall forward. Reach towards the outside of your toes with both hands.



Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck. Back muscle strain. Back ligament sprain.

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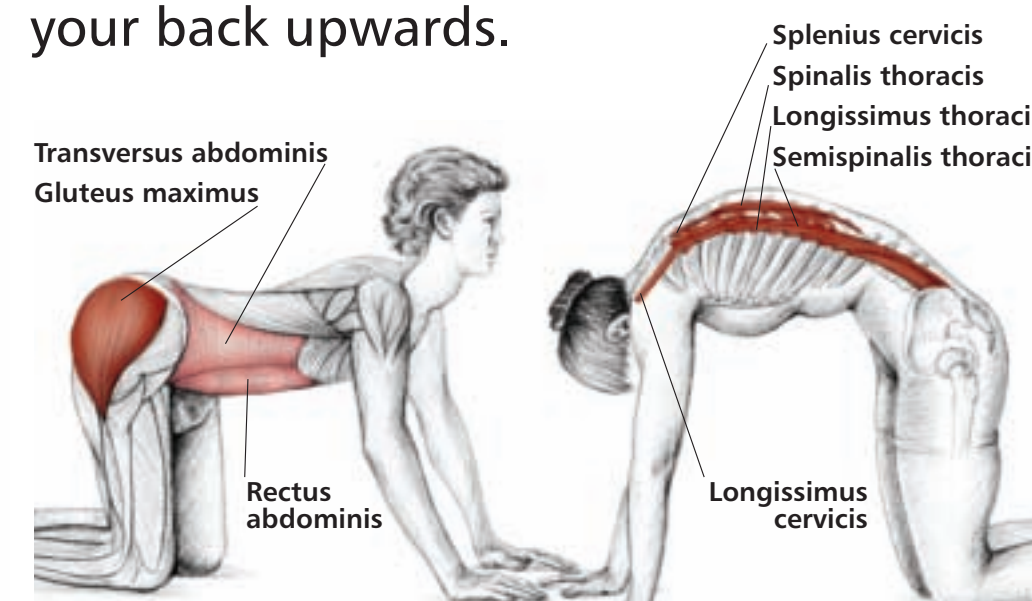
Slowly get into the stretch position and then hold each stretch for a minimum of 20 seconds. Remember, stretching can be extremely dangerous and harmful if done incorrectly, so please adhere to the following rules.

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Kneeling Back Arch Stretch

Kneel on your hands and knees. Look up and let your back slump downwards. Then let your head fall forward and arch your back upwards.

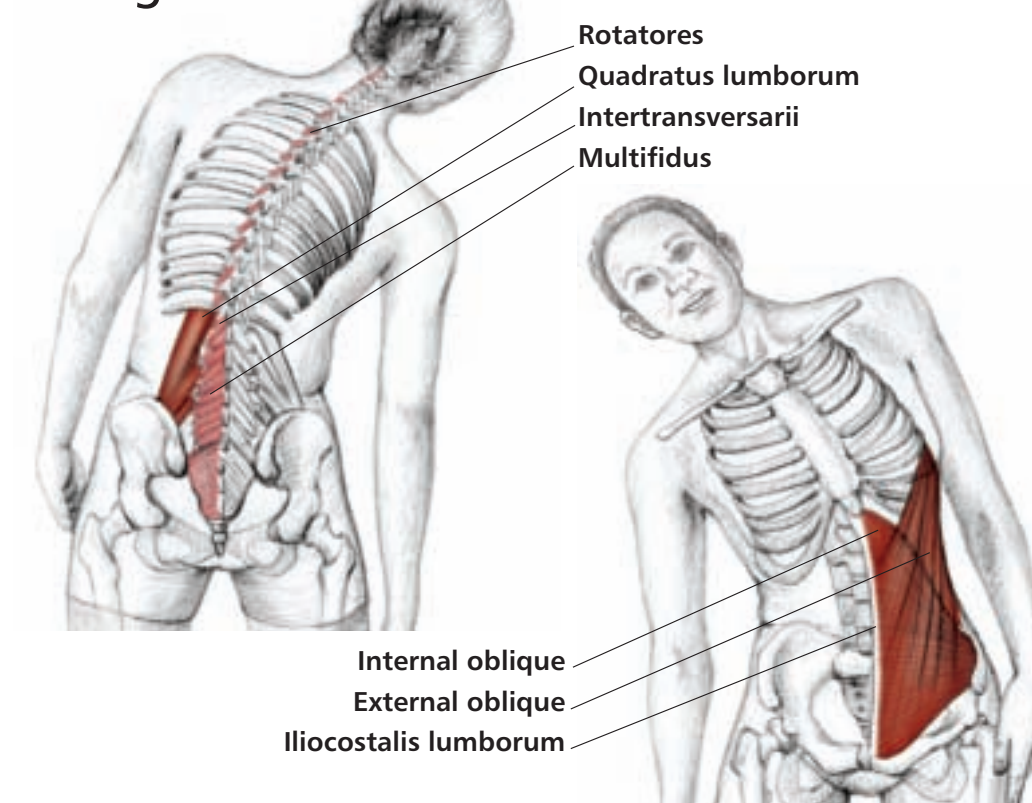


Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck. Back muscle strain. Back ligament sprain.

Standing Lateral Side Stretch

Stand with your feet about shoulder-width apart and look forward. Keep your body upright and slowly bend to the left or right.

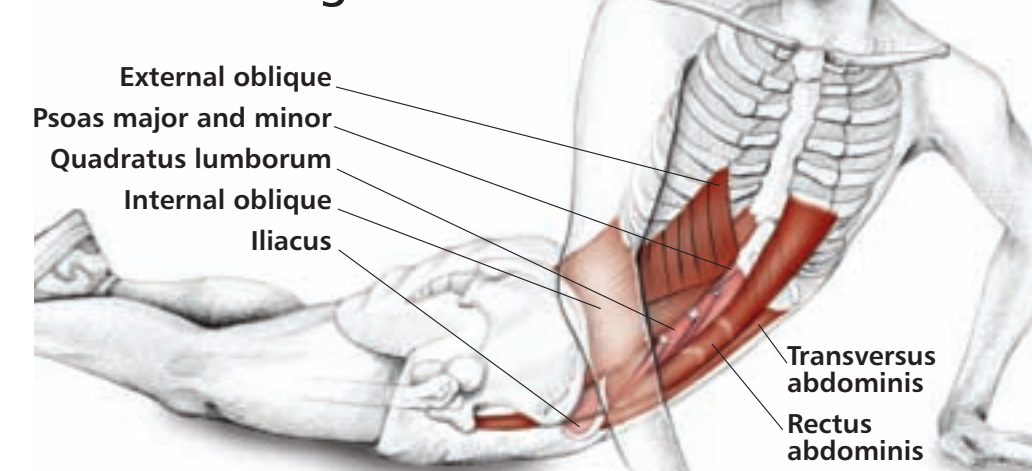


Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain. Abdominal muscle strain (obliques).

Rotating Stomach Stretch

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up by straightening your arms. Then slowly bend one arm and rotate that shoulder toward the ground.

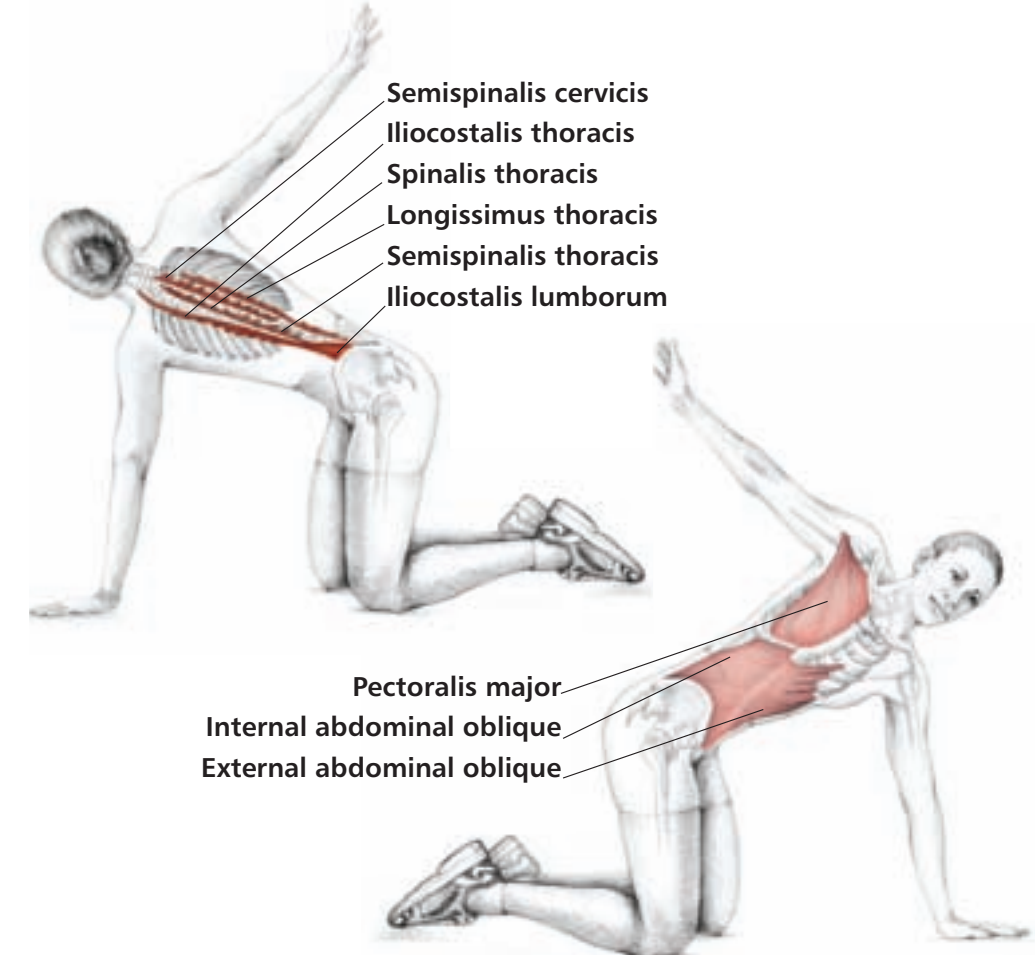


Sports injury where stretch may be useful

Abdominal muscle strain. Hip flexor strain. Iliopsoas tendonitis.

Kneeling Back Rotation Stretch

Kneel on the ground and raise one arm. Then rotate your shoulders and middle back while looking upwards.

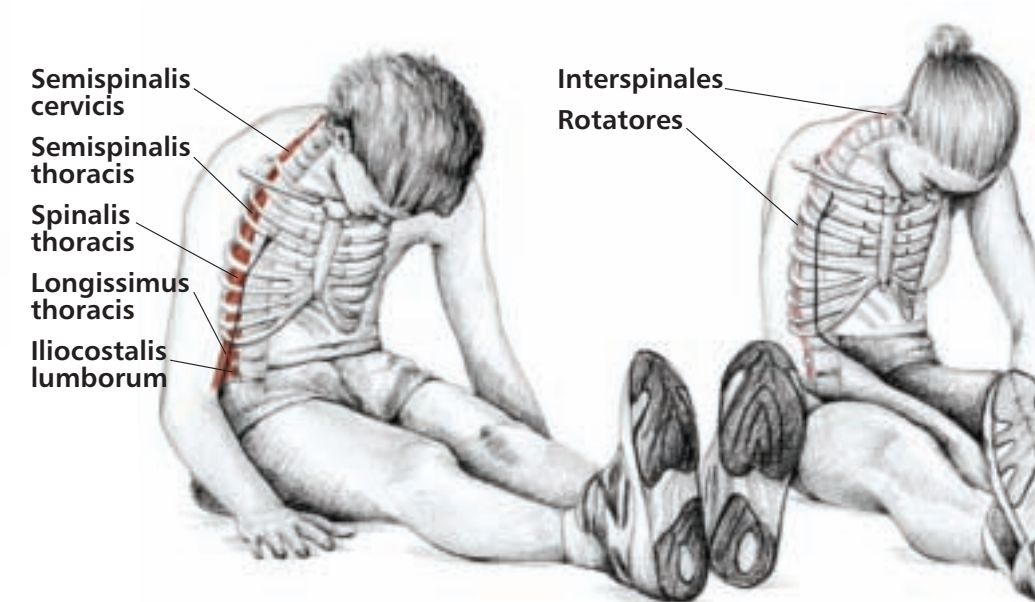


Sports injury where stretch may be useful

Back muscle strain. Back ligament sprain. Abdominal muscle strain (obliques).

Sitting Bent-over Back Stretch

Sit on the ground with your legs straight out in front or at 45 degrees apart. Keep your toes pointing upwards and rest your arms by your side or on your lap. Relax your back and neck and then let your head and chest fall forward.



Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck. Back muscle strain. Back ligament sprain.

Lying Knee-to-chest Stretch

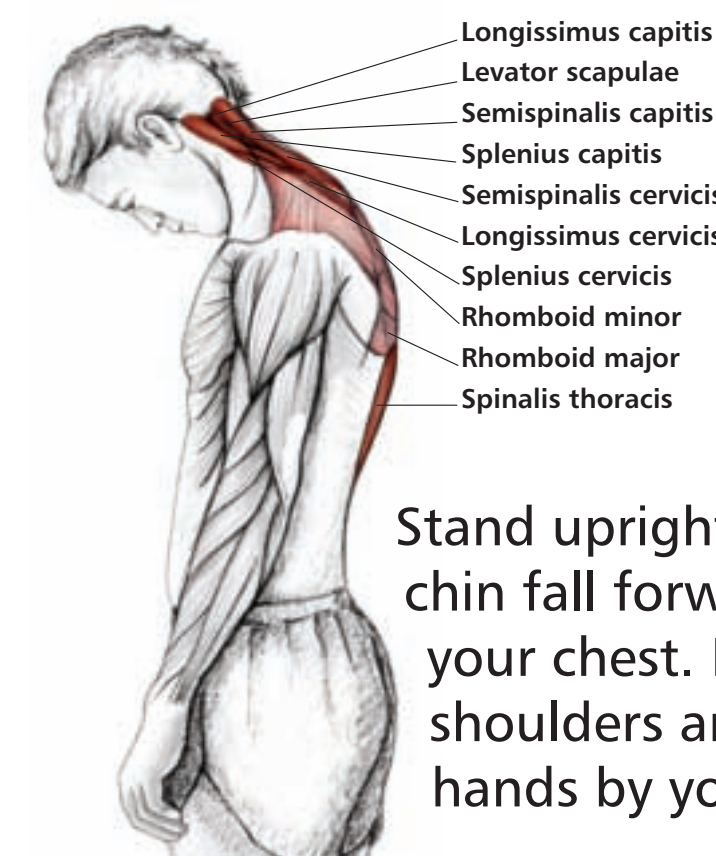
Lie on your back and keep one leg flat on the ground. Use your hands to bring your other knee into your chest.



Sports injury where stretch may be useful

Lower back muscle strain. Lower back ligament sprain. Hamstring strain.

Forward Flexion Neck Stretch



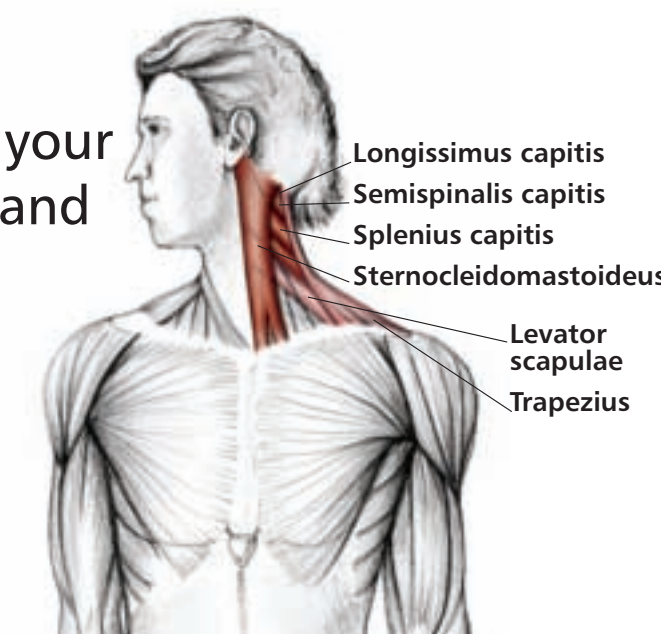
Stand upright and let your chin fall forward towards your chest. Relax your shoulders and keep your hands by your side.

Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck.

Rotating Neck Stretch

Stand upright while keeping your shoulders still and your head up. Slowly rotate your chin towards your shoulder.

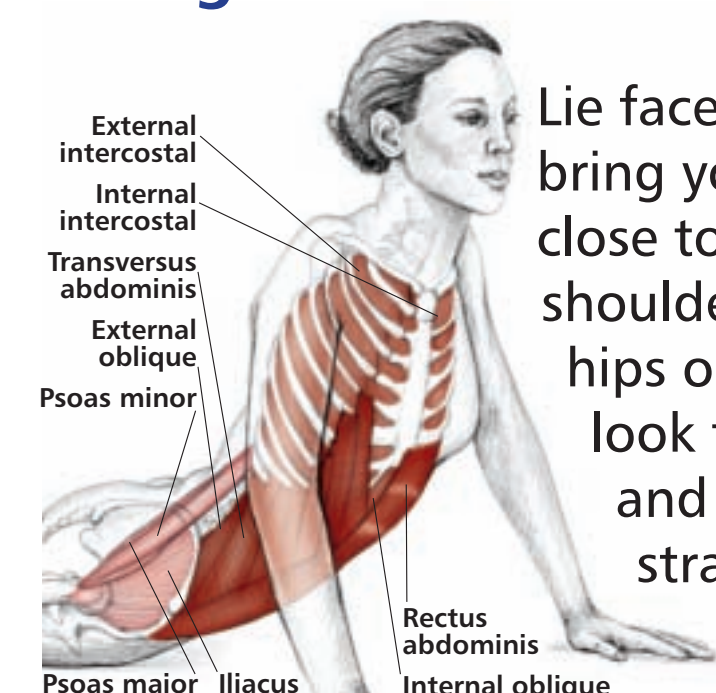


Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck.

Rising Stomach Stretch

Lie face down and bring your hands close to your shoulders. Keep your hips on the ground, look forward and rise up by straightening your arms.

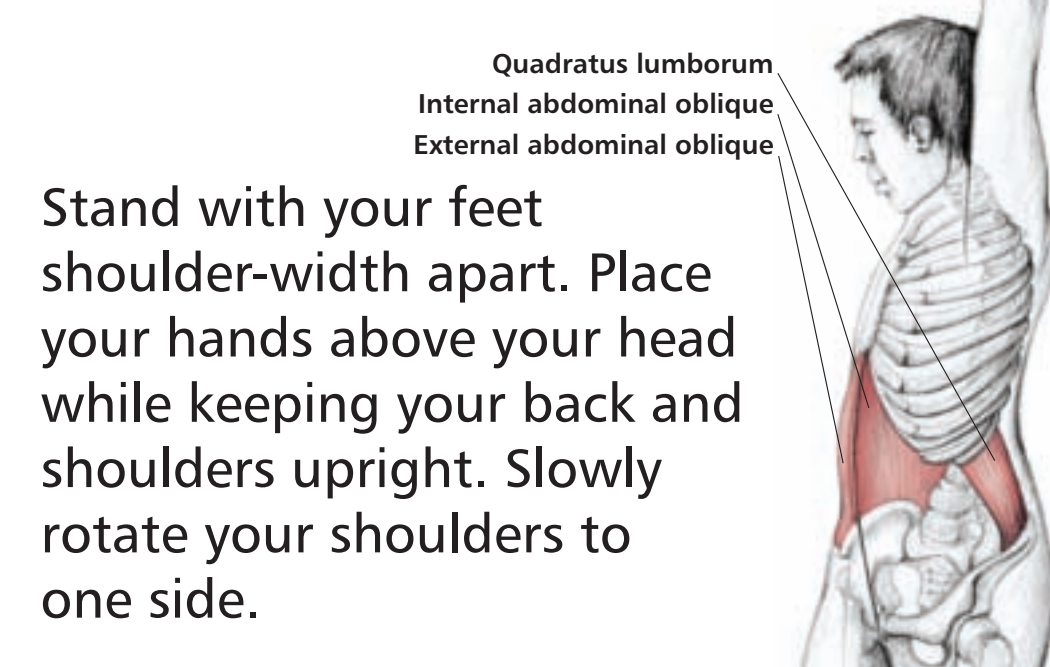


Sports injury where stretch may be useful

Abdominal muscle strain. Hip flexor strain. Iliopsoas tendonitis.

Standing Reach-up Back Rotation Stretch

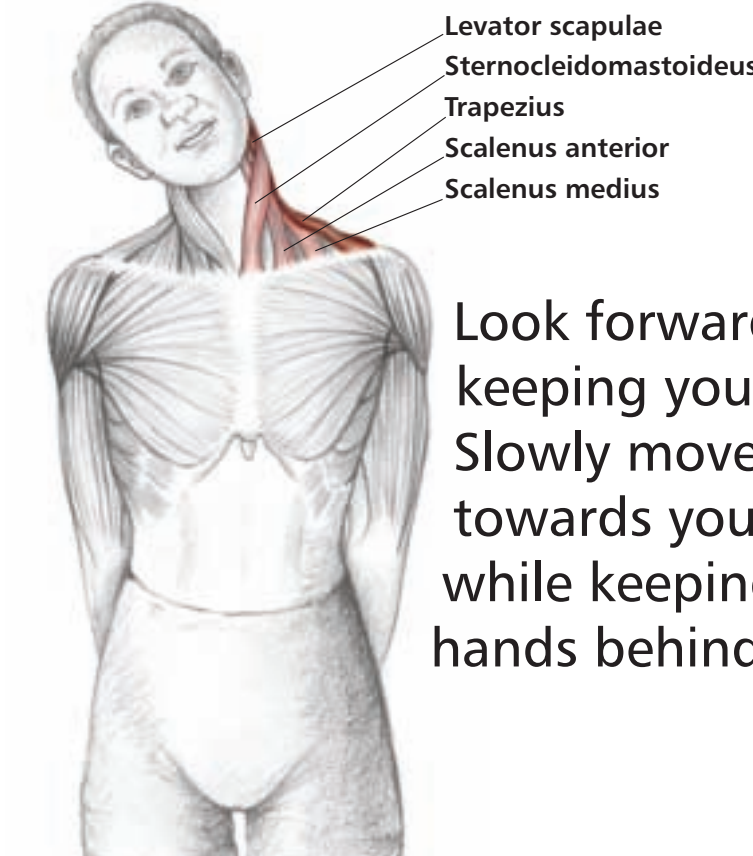
Stand with your feet shoulder-width apart. Place your hands above your head while keeping your back and shoulders upright. Slowly rotate your shoulders to one side.



Sports injury where stretch may be useful

Back muscle strain. Back ligament sprain. Abdominal muscle strain (obliques).

Lateral Neck Stretch



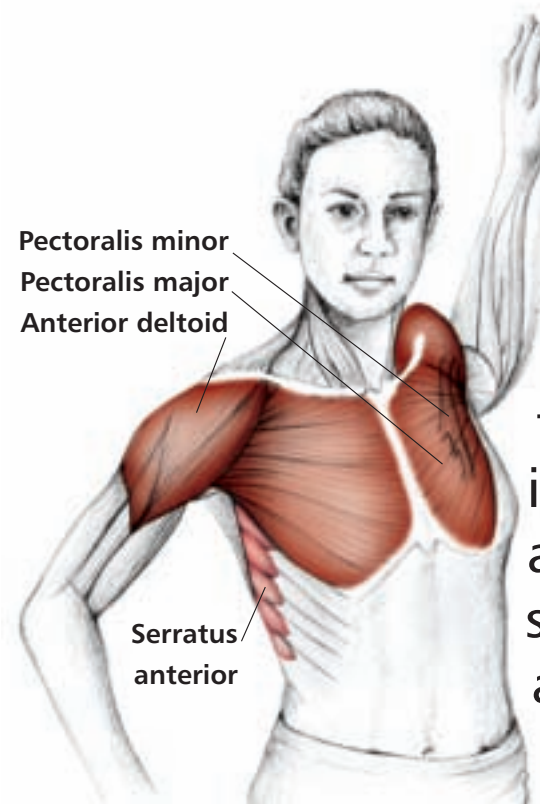
Look forward while keeping your head up. Slowly move your ear towards your shoulder while keeping your hands behind your back.

Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck.

Upper Body Stretches

Bent Arm Chest Stretch

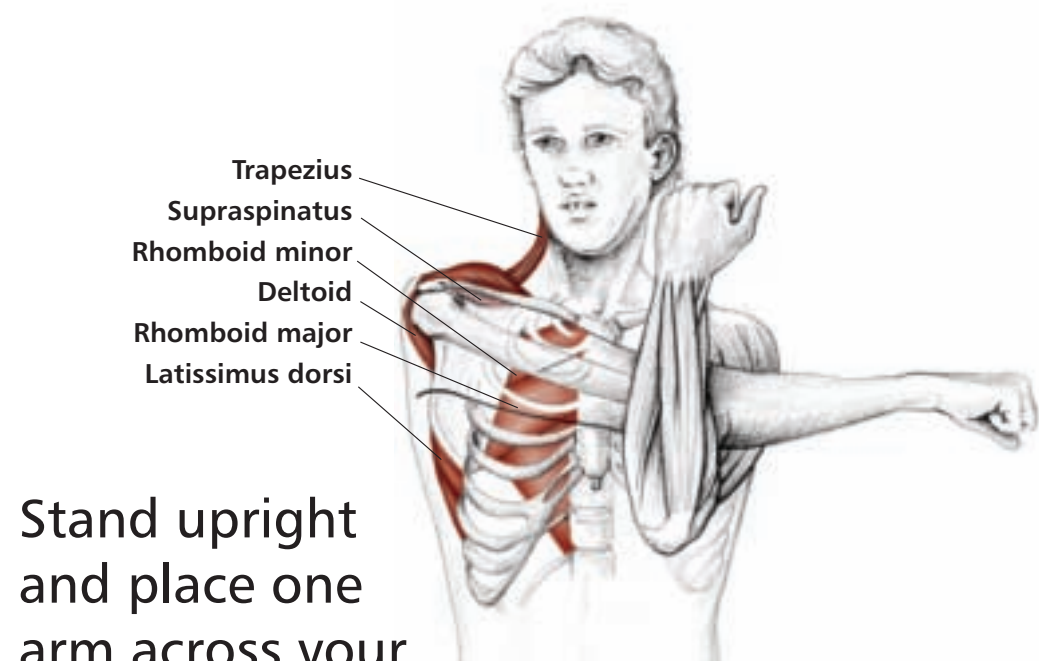


Stand with your arm extended and your forearm at right angles to the ground. Rest your forearm against an immovable object and then turn your shoulders and body away from your extended arm.

Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder. Chest strain. Pectoral muscle insertion inflammation.

Parallel Arm Shoulder Stretch



Stand upright and place one arm across your body. Keep your arm parallel to the ground and pull your elbow towards your opposite shoulder.

Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder.

Reaching Upper Back Stretch



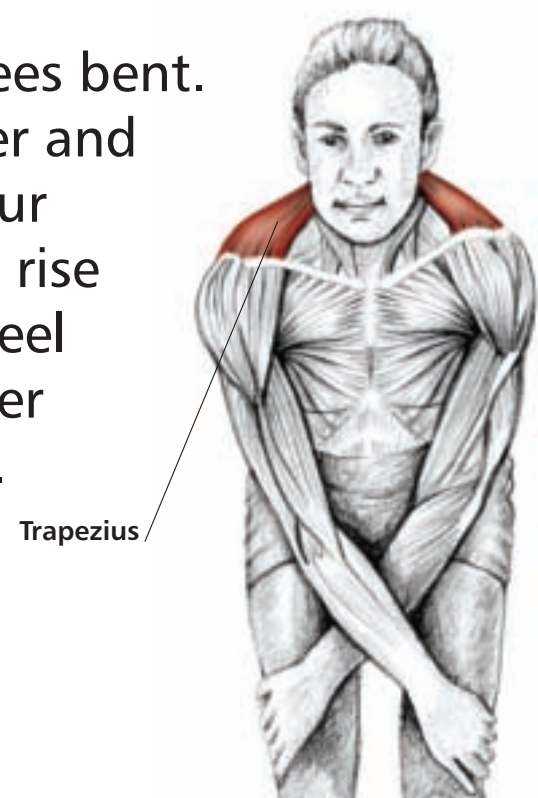
Stand with your arms out in front and crossed over. Push your hands forward as far as possible and let your head fall forward.

Sports injury where stretch may be useful

Neck muscle strain. Whiplash. Cervical nerve stretch syndrome. Wryneck. Upper back muscle strain. Upper back ligament sprain.

Cross Over Shoulder Stretch

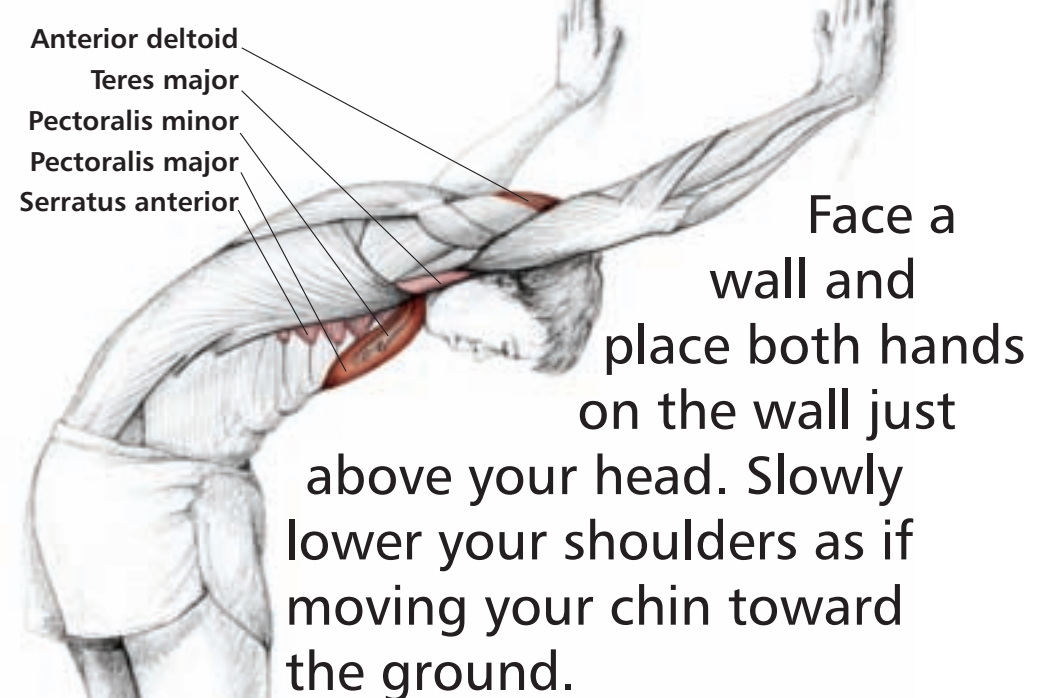
Stand with your knees bent. Cross your arms over and grab the back of your knees. Then start to rise upwards until you feel tension in your upper back and shoulders.



Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder.

Bent-over Chest Stretch



Face a wall and place both hands on the wall just above your head. Slowly lower your shoulders as if moving your chin toward the ground.

Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder. Chest strain. Pectoral muscle insertion inflammation.

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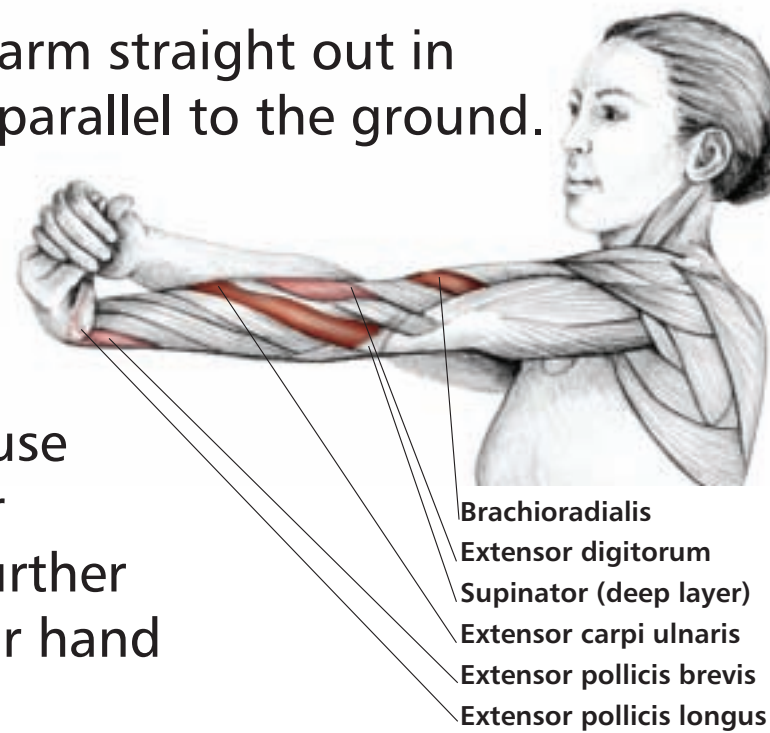
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Rotating Wrist Stretch

Place one arm straight out in front and parallel to the ground. Rotate your wrist down and outwards and then use your other hand to further rotate your hand upwards.

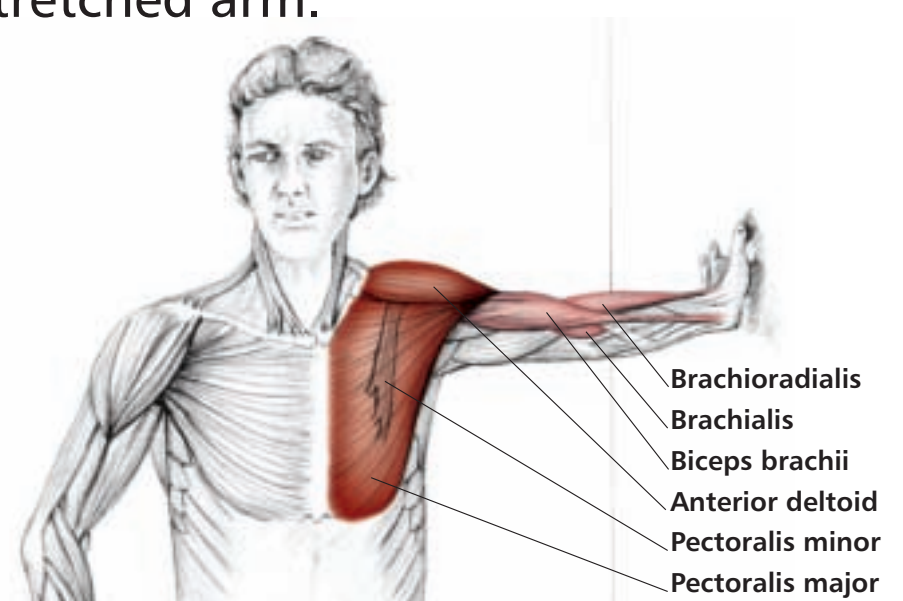


Sports injury where stretch may be useful

Tennis elbow. Golfer's elbow. Thrower's elbow. Wrist sprain. Wrist dislocation. Wrist tendonitis. Carpel tunnel syndrome. Ulnar tunnel syndrome.

Parallel Arm Chest Stretch

Stand with your arm extended to the rear and parallel to the ground. Hold on to an immovable object and then turn your shoulders and body away from your outstretched arm.

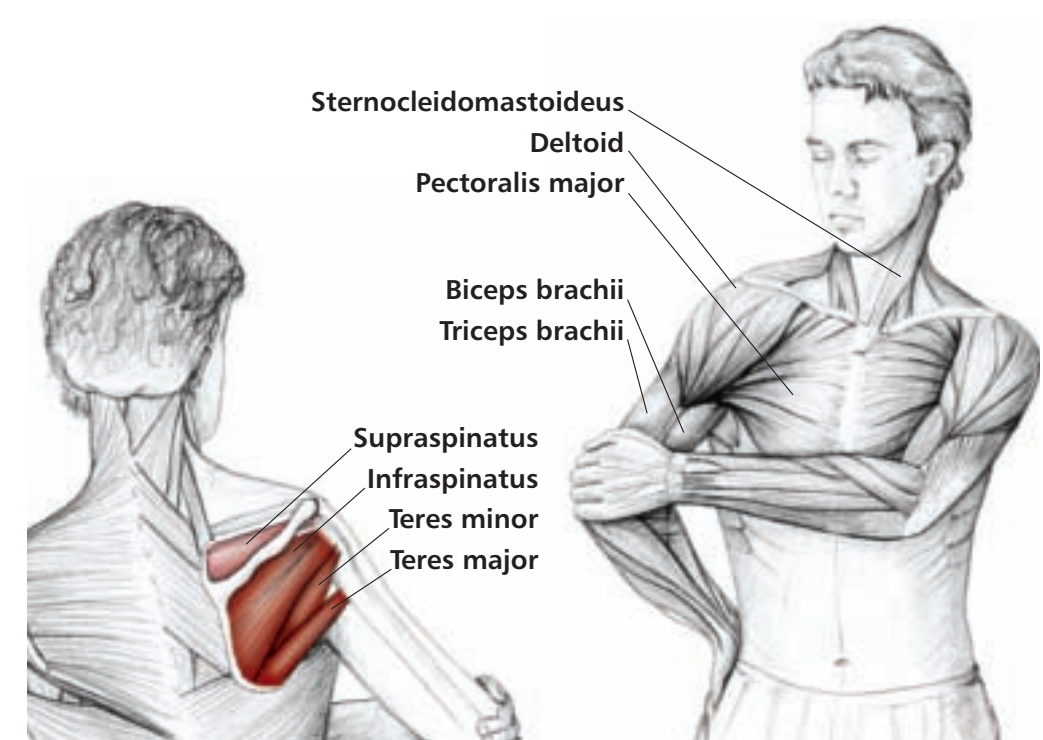


Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder. Biceps tendon rupture. Bicep tendonitis. Biceps strain. Chest strain. Pectoral muscle insertion inflammation.

Elbow-out Rotator Stretch

Stand with your hand behind the middle of your back and your elbow pointing out. Reach over with your other hand and gently pull your elbow forward.

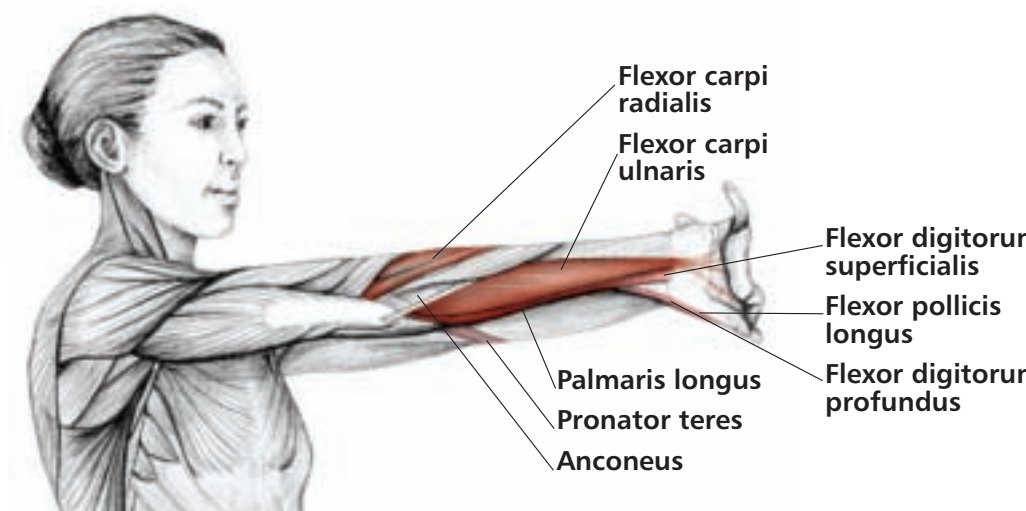


Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder.

Palms-out Wrist Stretch

Interlock your fingers in front of your chest and then straighten your arms and turn the palms of your hands outwards.

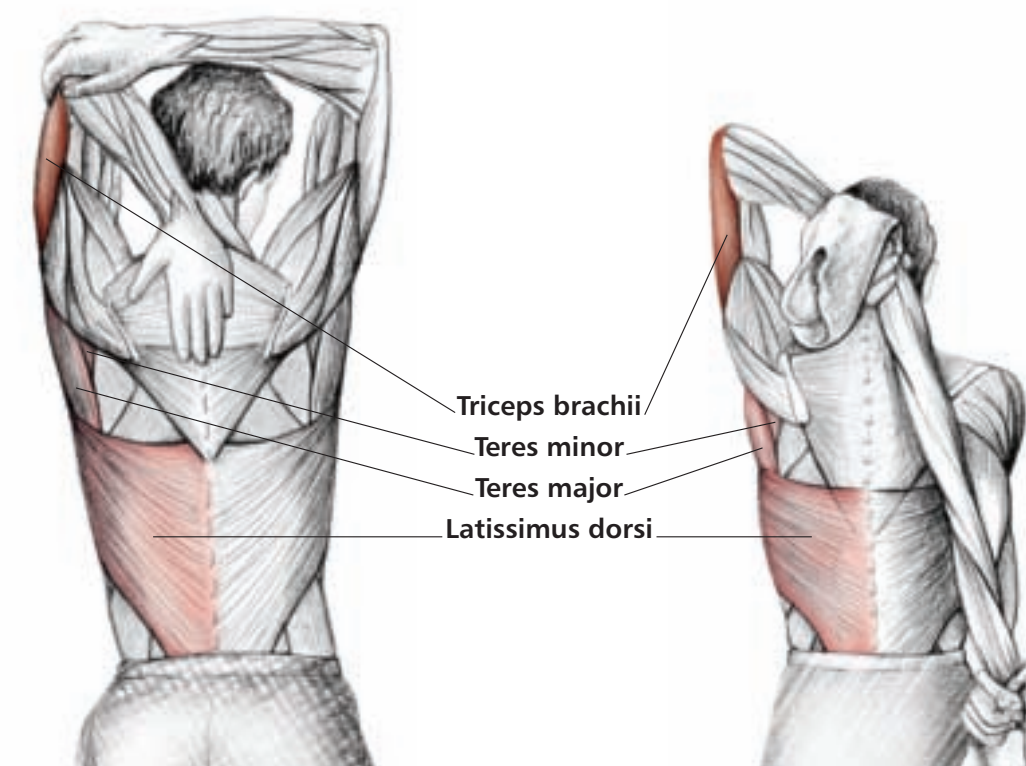


Sports injury where stretch may be useful

Tennis elbow. Golfer's elbow. Thrower's elbow. Wrist sprain. Wrist dislocation. Wrist tendonitis. Carpel tunnel syndrome. Ulnar tunnel syndrome.

Triceps Stretch

Stand with your hand behind your neck and your elbow pointing upwards. Then use your other hand (or a rope or towel) to pull your elbow down.

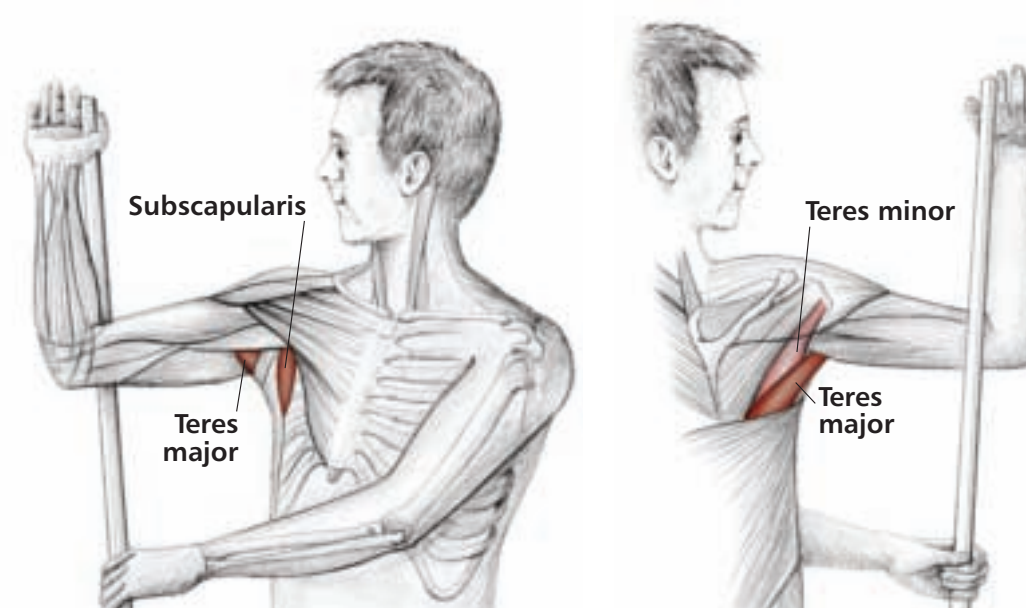


Sports injury where stretch may be useful

Elbow sprain. Elbow dislocation. Elbow bursitis. Triceps tendon rupture.

Arm-up Rotator Stretch

Stand with your arm out and your forearm pointing upwards at 90 degrees. Place a broomstick in your hand and behind your elbow. With your other hand pull the bottom of the broomstick forward.

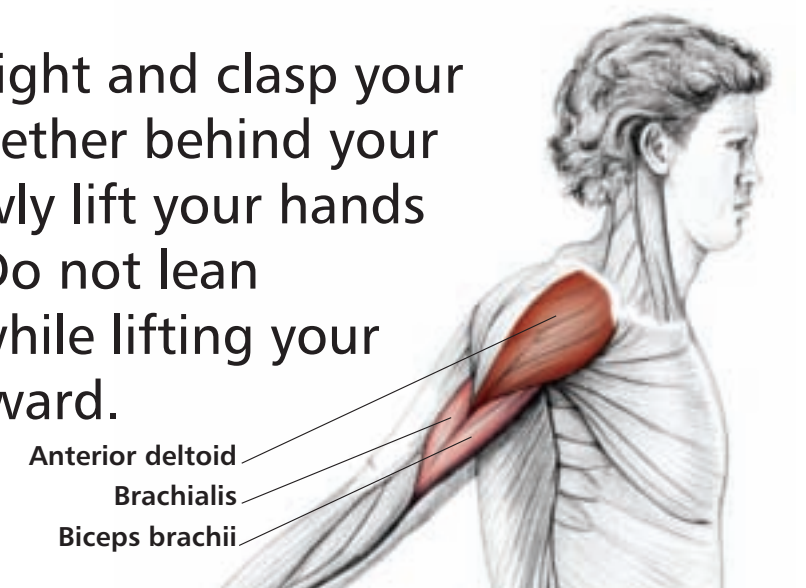


Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder.

Behind the Back Chest Stretch

Stand upright and clasp your hands together behind your back. Slowly lift your hands upward. Do not lean forward while lifting your hands upward.

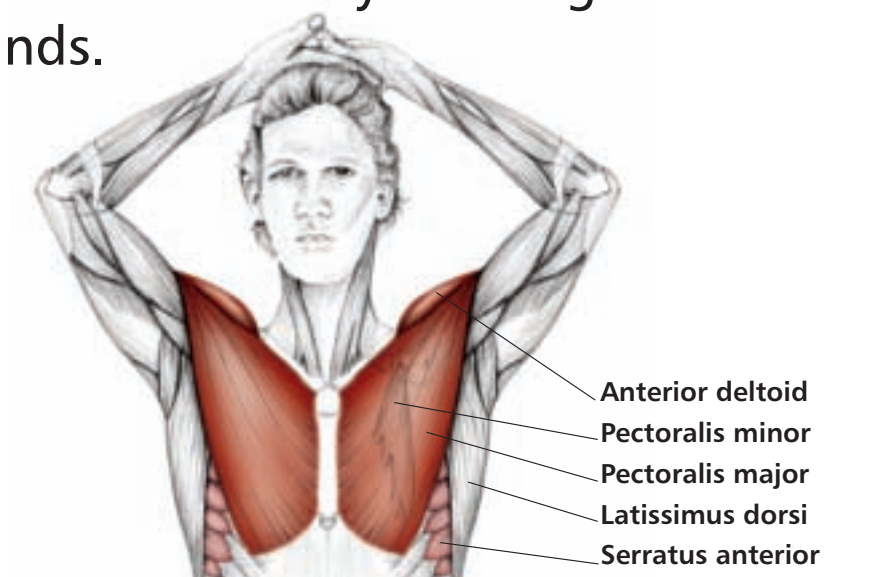


Sports injury where stretch may be useful

Dislocation. Subluxation. Acromioclavicular separation. Sternoclavicular separation. Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder. Chest strain. Pectoral muscle insertion inflammation.

Above Head Chest Stretch

Stand upright and interlock your fingers. Bend your arms and place them above your head while forcing your elbows and hands backwards. Vary the height of your hands.

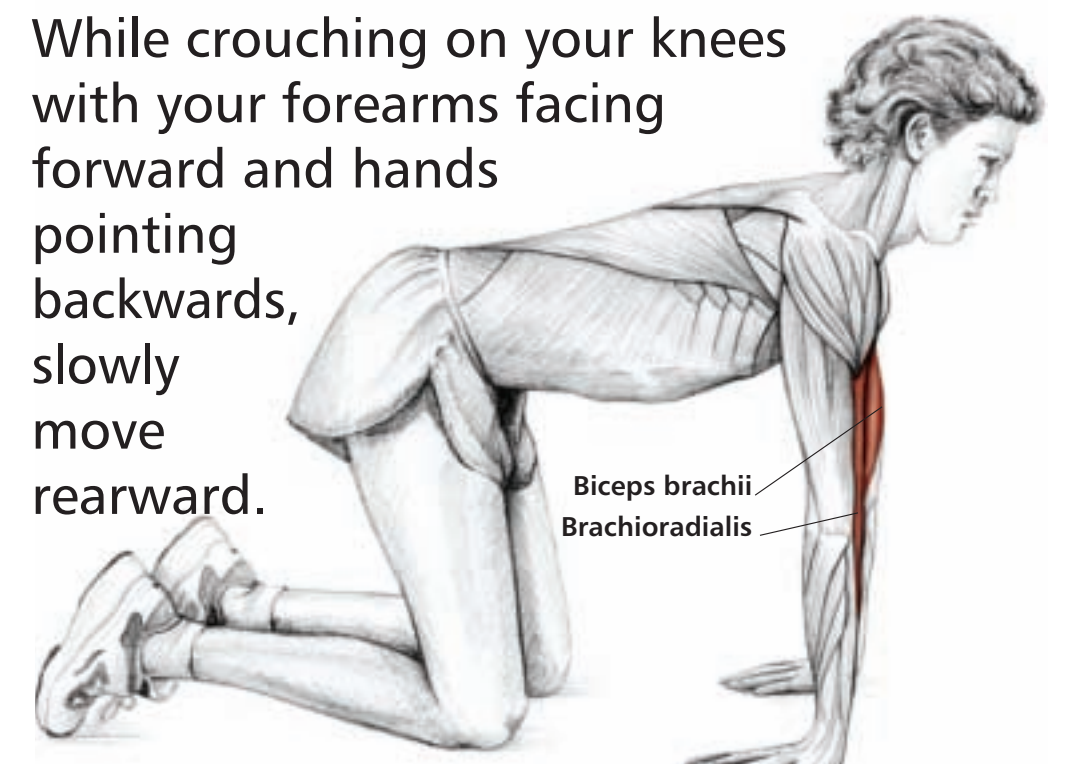


Sports injury where stretch may be useful

Impingement syndrome. Rotator cuff tendonitis. Shoulder bursitis. Frozen shoulder. Chest strain. Pectoral muscle insertion inflammation.

Kneeling Forearm Stretch

While crouching on your knees with your forearms facing forward and hands pointing backwards, slowly move rearward.



Sports injury where stretch may be useful

Biceps tendon rupture. Bicipital tendonitis. Biceps strain. Elbow strain. Elbow dislocation. Elbow bursitis. Tennis elbow. Golfer's elbow. Thrower's elbow.

Finger Stretch

Place the tips of your fingers together and push your palms toward each other.

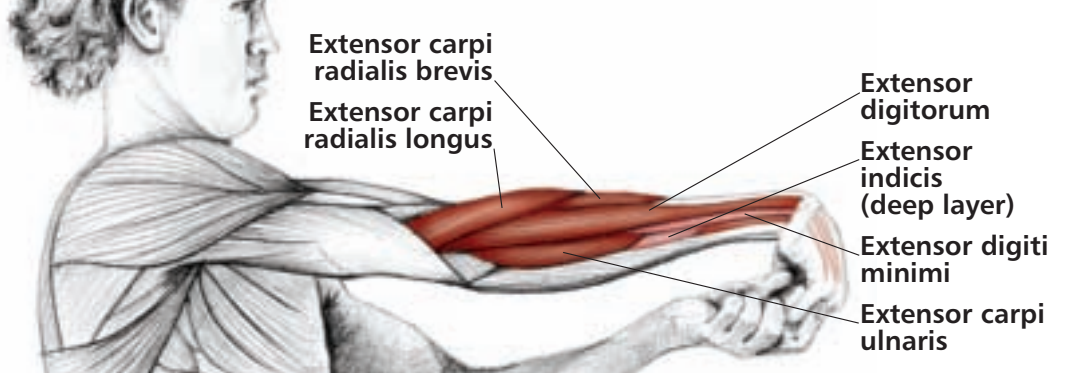


Sports injury where stretch may be useful

Tennis elbow. Golfer's elbow. Thrower's elbow. Wrist sprain. Wrist dislocation. Wrist tendonitis. Carpel tunnel syndrome. Ulnar tunnel syndrome.

Fingers-down Wrist Stretch

Hold on to your fingers while straightening your arm. Pull your fingers toward your body.



Sports injury where stretch may be useful

Tennis elbow. Golfer's elbow. Thrower's elbow. Wrist sprain. Wrist dislocation. Wrist tendonitis. Carpel tunnel syndrome. Ulnar tunnel syndrome.