Core Stretches For Men and Women

Mobility is the ability of structures or segments of the body to move or be moved to allow the presence of range of motion for functional activities. Mobility is associated with joint integrity as well as the flexibility or extensibility of soft tissues (muscles, tendons, fascia, joint capsules, and skin) that cross or surround joints.

Hypomobility (restricted motion), caused by adaptive shortening of soft tissues, can occur as the result of many disorders or situations. These include: prolonged immobilization of body segment, sedentary lifestyle, postural malalignment/muscle imbalances, muscle weakness, tissue trauma resulting in inflammation and pain, and congenital/acquired deformities.

As an active individual wanting to run or walk for exercise, both males and females are prone to hypomobility of structures if they do not take the preventative route and stretch with their routine. Runners and walker commonly have low back pain which may stem from tight hamstrings and quads (iliopsoas/rectus femoris). The following are exercises focused on flexibility that will help to eliminate pain and address any hypomobility issues.

Relax back into arch, keeping head up and inhaling. Then push up into a rounded back as you exhale. Hold 5 seconds in each position.

Laying on floor with right leg on wall, other leg through doorway, scoot buttocks toward wall until stretch is felt in back of thigh. As leg relaxes, scoot closer to wall. Alternate legs. Back protected against floor.

Sit with straight back, crossing left leg over bent right leg. Hold left knee with right hand and spiral to left. Support position with left hand on floor. Hold for 5 breaths. Repeat on other side. ADVANCED: Grasp heel of right foot.
Core Stretches For Men and Women: Continued


Rise up on elbows as high as possible, keeping hips on floor. Hold 20-30 seconds.

Lie on back with left knee drawn toward chest. Slowly bring bent leg across body until stretch is felt in lower back/hip area. Alternate sides.

Keeping back flat and feet together, rotate knees to either side - slowly alternate side to side.

Kneeling on right knee, slowly squeeze and tuck buttocks under to rotate pelvis until a stretch is felt in the anterior hip. Lunge forward with left leg to increase intensity.

Reach over head to other side with right arm until stretch is felt. Alternate sides. Specific to triceps, lats, quadrants lumborum and oblique abdominals.

Arch backward to make hollow of back deeper. Hold 10 seconds.

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