

STATIC STRETCHING PROGRAM



There are many different ways to stretch and each has their own purpose and place to keep your body healthy and performing optimally. Stretching addresses three main issues in muscles: length, tone/tension, and preparation for athletic activity. The Foam Roller and Active Isolated Stretching address muscle tone, recovery, and elasticity. Dynamic stretching prepares the body for athletic activity by increasing circulation to the muscles, functionally elongating the muscle, normalizing tone, and engaging the nervous system. Static stretching addresses muscle length imbalances which may be contributing to a person using their body in a NON-optimal way. Muscle length imbalances can cause a person to use their joints incorrectly, over-stress muscles or joints, decrease power production or strength, and increase a person's risk for injury. When static stretching you should always push until a comfortable stretch is felt. A painful stretch could cause the muscle to tighten and/or be injured. Once a comfortable stretch is felt you should hold it for 40 seconds unless instructed to do otherwise. Static stretching is most effective when done several times throughout the day, instead of all at once.

Calf:

Gastroc Stretch:

Stand at a wall with your mid-foot on a foam roller, step, phone book, etc... Keeping your knee straight, lean in towards the wall until you feel a stretch in the back of your calf. (See Picture A.)



Picture A

Soleus Stretch:

Stand at a wall with your mid-foot on a foam roller, step, phone book, etc... Keeping your knee BENT at about a 45 degree angle, lean in towards the wall until you feel a stretch in the back of your calf. (See Picture B.)



Picture B

Calf and Hamstring Combo:

Put the foot of the leg that is to be stretched flat on the ground and bring the opposite leg around the back of it so that all of your weight is on one leg. Put your hands on the ground and raise your hips until a stretch is felt in your calf and hamstring muscles. Try to keep your knee straight when raising your hips. (See Picture C.)



Picture C

Hamstrings:

Hurdle Stretch:

Sit on the ground with one leg straight in front of you and the other tucked into the side. With the knee and low back straight, lean down toward your foot until a stretch is felt in the hamstring and not the back. If you pull your foot back you may get a stretch in your calf as well. (See Picture D.)



Picture D

Wall stretch:

Lay in a doorway with one leg up against the wall and the other on the ground. Keeping the knee straight, scoot towards the wall until a light stretch is felt in the hamstrings. Hold for 3-5 minutes. (See Picture E.)



Picture E

I.T. Band & Gluteals:



Picture F

I.T. Band Stretch:

Bring the leg that is to be stretched behind the other leg and then stretch down and back toward the leg that is being stretched so that a stretch is felt on the outside of the hip. (See Picture F.)

* It is important to note that the I.T. Band is actually a tendon and not a muscle so you have to stretch the muscles that attach to the I.T. Band. When addressing the I.T. Band, the most important muscles to stretch are the TFL, gluteals and quads. It is also very effective to use the Foam Roller to regulate the tone/tightness in the I.T. Band and surrounding muscles. (See Foam Roller Program for details.)

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Gluteal Muscles:

Reverse Figure-4:

Bring the leg that is to be stretched up in front of you and bend your knee. Then slowly lean back so that a stretch is felt in your gluteal muscles. (See Picture G.)



Picture G

Seated Figure-4:

While sitting, cross the leg that you want stretched over the other straight leg and pull it close to your body until a stretch is felt in the gluteals. (See Picture H)



Picture H

Figure-4:

Lay on your back and bring the leg that is going to be stretched in front and across the other knee so that it is in the "4" position. Grab the non-stretch leg and pull it back towards you so that a stretch is felt in the gluteal muscles. (See pictures I & J)



Picture I



Picture J

Adductors:

Butterfly:

While sitting, pull your feet towards your body and lightly press your knees down toward the floor so a stretch is felt in your adductors or groin area. (See Picture K)



Picture K

Quad Stretch:

Laying on your stomach, pull your leg straight back until you feel a stretch in your quad muscle. Make sure you pull your leg straight back so that your knee is not bent in an abnormal direction. If a stretch is not felt you can put a foam roller or pillow under your knee. (See Picture L)



Picture L

Quads:

Hip Flexors & TFL:

Lunge Stretch:

With one knee on the ground, tuck the hips so that your low back is straight and lean forward until a stretch is felt in the front of your hip or quads. (See Picture M)



Picture M

Lunge Stretch for Quads:

With the same positioning as the lunge stretch, bring the leg that is on the ground up toward your butt so that a stretch is felt in the quads. (See Picture N)



Picture N

Hip Flexors & Quads:

Lumbar Spine & Gluteals:

Low Back and Gluteals:

Lay on your back and bring one leg across your body with the opposite hand until a stretch is felt in your low back or gluteal muscles. (See Picture O)



Picture O

Pec Stretch:

Put the hand of the Pec that is to be stretched on a wall and turn your torso away so that a stretch is felt across the chest. Keep your shoulder blade down and back to ensure shoulder safety. (See Picture P)



Picture P

Pectorals:

Shawn Dailey DPT, David McHenry DPT (Physical Therapists) and Kurt Marion LMT (Massage Therapist) have worked with athletes of all ages and skill levels (Recreational to Olympic). We specialize in the prevention and treatment of athletic injuries and are experts in biomechanics for peak athletic function. If you have any questions please give us a call.

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