

## EATON CHIROPRACTIC STRETCH ROUTINE

Welcome to 'stretch routine'. Here you will find safe and effective ways to prepare before exercise. A routine which should be part of everyone's routine no matter what their level.

### Guidelines for stretching exercises

Only stretch to the point of mild tension. No stretch should ever be painful

Stretching exercises are static in nature and should be held for 20-30sec

Do not use any bouncing or jerky movements when you are stretching

Do not hold your breath. Breathing normally will help you to relax

Stretch before and after all physical activity

### THE CALF STRETCH



**MUSCLE (S) WORKED:** Calf muscle (soleus)/Gastrocnemius

**LOCATION:** Rear lower leg

**STANCE:** Stand with feet hip width apart, back straight and stomach tight.

Keep the knees slightly bent

**MOVEMENT:** Keeping in a straight line from head to the right heel, lean forward but keeping the right heel on the floor. Place both hands on left thigh.

**HOLD:** Slowly count to 20-30 (repeat twice)

Repeat other side. the front leg should be kept over the ankle. Do not hold your breath, breathe gently

**SAFETY POINTS:** Keep the back straight and the tummy tight. The knee of the front leg should be kept over the ankle. Do not hold your breath, breathe gently

### THE HAMSTRING STRETCH



**MUSCLE:** Hamstring

**LOCATION:**Rear of thigh

**STANCE:** Standing up straight, place right foot slightly behind hips.

**MOVEMENT:**Slowly bend the rear leg as if sitting backwards. keep the front leg straight with a very slight bend at the knee. Place hands on right thigh. Push buttocks backwards, slowly, until you feel a slight tension in your hamstring. Keep your neck in line with your spine.

**HOLD:**Count slowly to 20-30 (repeat twice) Repeat other side.

**SAFETY POINTS:** Never place your hands on the front leg. Make sure your feet are correctly positioned for balance before stretching.

### THE QUAD STRETCH



**MUSCLE:** Quad/Quadriceps Femurs

**LOCATION:** Front of thigh

**STANCE:** Two feet together, bend your left knee and with your left hand take the left foot towards your buttock.

**MOVEMENT:** Slight bend on the supporting leg. Keep the knees close together. Tilt the pelvis forward and keep the back straight.

**HOLD:** Count slowly to 20-30 (repeat twice) Repeat other leg.

## THE CHEST STRETCH



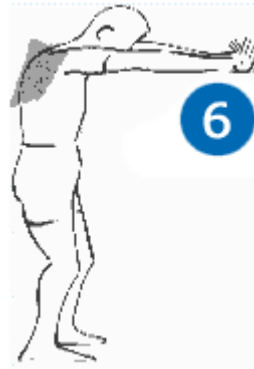
**MUSCLE:** Chest muscles/Pectoralis and Deltoid  
**LOCATION:** Chest and Shoulders  
**STANCE:** Stand with feet shoulder width apart and knees slightly bent  
**MOVEMENT:** Place both hands on the buttocks and gently ease the shoulders backwards. This should give a feeling of the chest 'opening'.  
**HOLD:** Count slowly to 20-30 (repeat stretch twice)  
**SAFETY POINTS:** Keep the back straight and chin up. Keep knees slightly bent

## THE LOWER BACK STRETCH



**MUSCLE:** Erector Spinae  
**LOCATION:** Lower back  
**STANCE:** Stand with feet shoulder width apart, knees bent with hands on thighs. Shoulders should be slightly apart.  
**MOVEMENT:** SLOWLY pull stomach in and curl upwards (similar to a cat)  
**HOLD:** Count slowly to 20-30 and return to original position. Repeat twice  
**SAFETY POINTS:** Ensure weight is supported by placing hands on thighs. Be careful to slowly uncurl to original position. Keep chin up and eyes focused in front of you.

## THE UPPER BACK STRETCH



**MUSCLE:** Trapezius and Latissimus Dorsi  
**LOCATION:** Upper back  
**STANCE:** Stand with feet shoulder width apart and knees slightly bent.  
**MOVEMENT:** Clasp the hands in front at shoulder height with the palms away from the body. Gently push the palms away without locking the elbows.  
**HOLD:** Count slowly to 20-30. Repeat stretch twice  
**SAFETY POINTS:** Keep the back straight and the tummy tight. Knees slightly bent

## THE DELTOID STRETCH



**MUSCLE:** Deltoid  
**LOCATION:** Shoulder  
**STANCE:** Stand with feet shoulder width apart and knees slightly bent.  
**MOVEMENT:** Take the right arm across the body at shoulder height, keeping the shoulder relaxed. Place the left hand on the right arm slightly above the elbow and gently bring the right arm towards the chest.  
**HOLD:** Count slowly to 20-30. Repeat stretch twice. Repeat with left arm  
**SAFETY POINTS:** Keep the back straight and stomach tight. Make sure the knees are slightly bent at all times. Keep head facing forward.

## THE ALL OVER STRETCH



**STANCE:** Stand with feet shoulder width apart and knees slightly bent.

**MOVEMENT:** Raise your arms overhead and bring your hands together.

Slowly begin to stretch upward.

**HOLD:** Count slowly to 20-30. Repeat stretch twice.

**SAFETY POINTS:** As with all all stretches the safety guidelines should be followed at all times.

Keep breathing normally.

