

Exercise plan:

Fullbodystretching routine



Neck Flexion with Side Flexion

Bend your neck to the side by taking your left ear towards your left shoulder. Now tuck your chin towards your chest. Hold the stretch, and relax. You can use your hand to gently assist. This will allow you to feel a stretch at the back and side of your neck.

Hold for 20-30 secs | Repeat 2-3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/rSsL5J6ZKU8>



Pec Stretch Straight Arm

Hook your fingers around a door frame or corner of a wall, and lean forwards creating a stretch across your upper arm, front shoulder and slightly into your chest. This exercise stretches the pectoral muscle.

Hold for 30 secs - 1 min | Repeat 1-2 times | Perform 1 times daily | Perform both sides

Video: http://youtu.be/c8ln_nWYMyM



Sitting Rotation

Sit upright on a chair, with your feet flat on the floor. Cross your arms over your shoulders. Twist to one side keeping your head and hips still. Repeat to the opposite side. This exercise is a great mobility exercise for the spine.

Hold for 30-45 secs | Repeat 2-3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/JEDRfMbURRU>



Glute Stretch Sitting 3

Sit on the floor, and stretch one leg in front of you. Place your other knee towards your chest, with your leg crossing the straight one. Hold on to your bent leg, and twist to the same side creating a stretch to your gluteal (buttock) muscles.

Hold for 30 secs - 1 min | Repeat 1-2 times | Perform 1 times daily | Perform both sides

Video: https://youtu.be/Pjq54qOuE_A



Quadriceps Stretch Side-Lying

Lie on your side, and pull your heel towards your bottom to feel a stretch to the quadricep muscle group at the front of your thigh. You may want to hold on to your knee of your bottom leg to give you extra support (especially useful if you are prone to back pain).

Hold for 30 secs - 1 min | Repeat 1-2 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/EhEnpCeq4rM>



Heel Drop Gastrocnemius Stretch

Stand with your toes on the edge of a step or a box. Hold onto something stable for support if required. Drop your heels downwards. You should feel a stretch just below the back of your knee, in the calf (this part of the calf is known as the gastrocnemius).

Hold for 20-30 secs | Repeat 2-3 times | Perform 1 times daily | Perform both sides

Video: <http://youtu.be/8PQleXdrnXg>

Please stop any exercise that causes pain. If you have any questions with an exercise, just email us on info@therapiststation.co.uk. Good luck and keep with it!