



Stretch. Develop. Lead.

Stretch and Mobility Routine

STRETCH Stretching can help relax inhibited muscles and improve joint range of motion and mitigate pain. **Like any form of exercise, if done too much too soon, pain can occur during or after.**

Stretch Benefits

- Pain reduction
- Performance boost- reduce muscle inhibition
- Injury prevention
- Relaxation
- Enable your muscles to work most effectively
- Improve your ability to do daily activities

DO NOT Stretch an area that has had:

- Recent bone fracture
- Inflammation or infection
- Osteoporosis
- Recent sprain or strain or heavy bruising
- Sharp pain with joint movement

Key Takeaways

- The most effective time to stretch is *after* a warm-up, workout or game.
- Anything prior to activity it is highly suggested to do dynamic movement, after activity it is recommended to do static holds
- It is important to educate athletes they may feel sore after a stretch - **DOMS-delayed onset muscle soreness.**

STRETCH TIPS

1. Breathing

- Deep diaphragmatic breathing can be used for relaxation.
- Use on deep stretches like spinal twist, double pec stretch, and hip flexor. Does not have to be used for each stretch.

2. Slowly start increasing their ROM.

3. Slowly unfold from the stretch. The unfolding can be just as uncomfortable as the stretch itself so be sure to move slowly and support the client fully.

4. Flow smoothly into the next stretch

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Stretching and Mobility

Lower Body & Upper Body Stretches

LOWER BODY STRETCHES:

1. FIGURE 4
2. Hamstring stretch
3. Quad stretch
4. Pigeon stretch
5. Hip flexor half kneeling
6. Hip flexor seated twist
7. IT band stretch
8. Butterfly stretch

UPPER BODY STRETCHES:

1. Childs pose
2. Upper trap stretch
3. Sleeper stretch
4. Tricep stretch
5. Forearm stretch

Stretching and Mobility

1 Set / 1 Rep / 10 s hold



1. "Figure 4" Piriformis/gluteals stretch, supine; 02

Start position is lying on the back with the legs bent and the feet on the floor.
Lift one leg and cross that ankle over the opposite knee.
Reach between the legs grasping the back of the knee of the lower leg and then pull both legs in towards the chest.
The non-stretch leg should exert a slight pressure that assists in pushing the crossed leg upwards toward the chest.
Hold for as long as prescribed.

1 Set / 1 Rep / 30 sec duration

2. Gluteals trigger point release (ball), sitting on floor, legs in figure 4

Place a ball on the floor.
Cross the leg to be stretched over the opposite knee and place the ball under your buttock.
Roll over the ball until you reach a tender point deep in the gluteus muscles, and then hold this position.

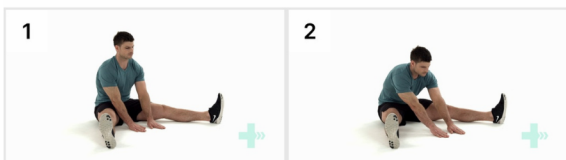
2-3 spots, you can lay flat on your back



1 Set / 1 Rep / 10 s hold

3. "Seated straddle" Hip adductors stretch, leaning forward

Adopt a sitting position with your back straight and legs out wide.
Lean forward from the hip, walking your hands forward until you feel the stretch on the inside of your groin. Hold.
Walk the hand backwards and return to a tall sitting position.



1 Set / 1 Rep / 10 s hold

4. Hip flexor and knee extensor stretch in half-kneeling

Start in half-kneeling.
Take hold of the ankle behind you and support yourself by placing one hand on your thigh.
Pull your heel slowly towards your buttock while tightening your buttock muscles and straightening your hip.
Hold the stretch for a moment and then relax.



5. "Pigeon pose" Piriformis/guteals stretch, leaning forward; 01

Start on your hands and knees.

Cross the symptomatic leg underneath you, then lower your hips down to the ground.

Rest your body forwards on your arms.

You should feel a stretch across the buttock.

**6. Piriformis/gluteals stretch, cross body, with trunk twist, sitting**

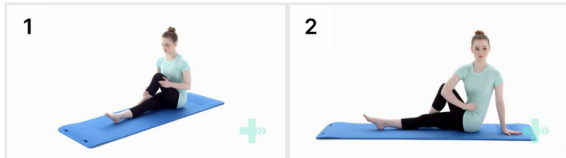
Sit upright on the floor with your legs straight out in front of you.

Bend the leg to be stretched and cross the foot over your straight leg.

Place this foot on the floor on the outside of the straight knee.

Twist upper body towards the leg you are stretching.

Use the opposite elbow to gently push against the outside of the bent knee.

**7. Piriformis/gluteals stretch, with trunk rotation, side lying**

Lie on your side with your legs straight.

Ensure you have a good support for your head so that your neck is in alignment with the rest of your spine.

Keeping your bottom leg straight, bend your top leg up so that your hip and knee are at 90 degrees.

Use your bottom arm to support the knee.

For a stronger stretch, place your bottom hand on top of your knee and apply downward pressure.

Place your upper hand around your rib cage

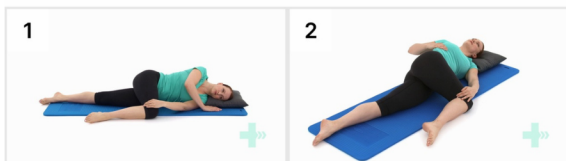
Rotate your shoulders and chest round to face upwards.

Take a deep breath in.

As you exhale, allow yourself to rotate further into the stretch, guiding the movement gently with your upper arm.

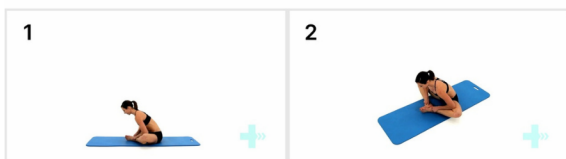
Inhale, and ease off the stretch.

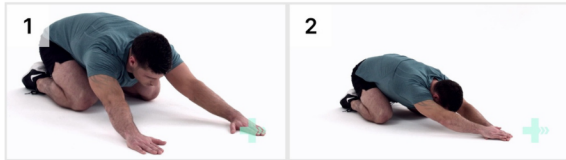
Exhale, and deepen the stretch.

**8. "Butterfly" Hip adductors stretch (bilateral), sitting**

Sit down on the mat with the soles of your feet together, and drop your knees out to the side.

Press your knees towards the floor with your elbows, increasing the stretch in your inner thigh.



9. "Prayer stretch" Shoulder/trunk extensors stretch, with side bending, quadruped

Start position is kneeling with the upper body bent over the knees and stretching out the arms as far forward as possible, the backside should be in contact with the heels.

Keeping the head down and the back muscles relaxed, reach straight out with both arms and place one hand over the other, hold.

Relax the arms and the body then repeat the exercise using the opposite arm in the upper position.

10. Levator scapulae stretch, arm behind back, sitting; 01

Start in a seated position.

Place the hand of the side you want to stretch behind your back.

Take the opposite hand and pull your head forwards and to the opposite side at an angle, until you feel a stretch from the base of your skull down into your shoulder blade.

Hold this stretch.

11. "Sleeper stretch" Shoulder external rotators/posterior capsule stretch, against wall, standing

Stand against a wall holding your affected arm in front at 90 degrees.

Bend your elbow, keeping your upper arm in contact with the wall.

Use your other hand to push the forearm of your affected arm downwards, keeping your upper arm where it started.

Be careful not to hunch your shoulder.

can add ball to where you feel the stretch on the back of the shoulder

12. Rhomboids massage with trigger point release (ball), standing

Stand up straight with your back to a wall.

Place a tennis ball against the wall and lean your upper back onto the ball.

The ball should be between your spine and your shoulder blade on the side you would like to work.

Bring this arm across your chest in front of you, using your other arm to facilitate this movement.

Roll the ball around the area.

If you feel a particularly tender spot, hold this position leaning back onto the ball to place some pressure on the area until it releases.

13. Latissimus dorsi trigger point release (spiky ball), standing

Stand up straight with your affected side sideways to a wall.

Raise your arm up so that your elbow points directly up to the ceiling.

Place a spiky ball on the side of your chest, just below your arm pit and lean it against the wall.

Keeping some pressure on the ball, bend your knees at a steady pace, rolling the ball up the back of your shoulder towards your upper arm.

Straighten your legs at a similar pace to return to the starting position.

If you feel any tender points, stop the movement and hold the pressure on this area until you feel it release.



1 Set / 1 Rep / 10 s hold

14. Triceps stretch, pulling overhead, standing

Put one hand in the air, and then lower it behind your head between your shoulder blades.

With your other hand, pull your elbow in towards your head.

You should feel this stretch down the back of your upper arm.

Hold this position.



1 Set / 1 Rep / 10 s hold

15. Wrist extensors stretch, palm down, standing

Extend your affected arm straight out in front of you with your palm face down, and drop your hand towards the floor.

With your other hand, apply a gentle pressure to the back of your wrist and hold.

You should feel this stretch down the back of your forearm.



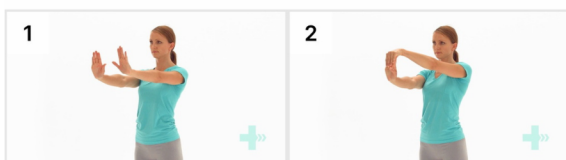
1 Set / 1 Rep / 10 s hold

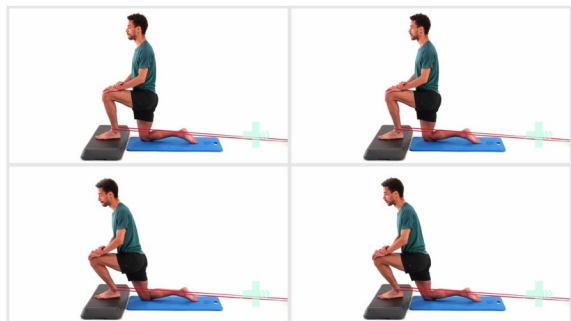
16. Wrist flexors stretch (alternate), arms forward, standing

Extend your arm straight in front of you and extend your wrist back towards your body.

With your other hand, apply gentle pressure and hold for a few seconds.

Repeat on the opposite side.



**17. Ankle dorsiflexion mobilization using a band - half kneeling**

Start by securing a thick resistance band low behind you.

Place your foot on a step and squat down in half-kneeling.

Place the band around your ankle as low as possible and move further away from the insertion to take the slack off the band.

This is your starting position.

Then bend your ankle further by moving your weight forwards and pushing your knee over the toes.

Keep your heel on the surface.

Then slightly relax without returning all the way back to the starting position and repeat.