

Sample Stretches

Stretching will reduce your risk of injury and allow your joints to move with greater freedom. Here are a few examples of stretches you could try after your activity.



1 Whole Body Stretch

Raise your arms out to the side and then up overhead. Stretch upwards and then slowly lower your arms back down.



2 Side Stretch

Reach your arms up overhead. Lean to the right side and then to the left.



3 Thigh Stretch (Quadriceps)

Bend your left knee and with your left hand hold your left foot and pull it toward your buttocks. Slightly bend the right leg and keep the knees close together.

Repeat on the other side. Place your other hand on a wall for support.



4 Back of Thigh Stretch (Hamstrings)

Place your right foot slightly behind you and bend your right leg. Keep your left leg straight. Place your hands on your right thigh. Lower the buttocks until you feel a stretch. Repeat on other side.



5 Lower Leg Stretch (calf)

Place your right foot behind you, bend your left leg and lean forward, keeping a straight line from your head to your right heel. Place your hands on your left thigh. Repeat on other side.

When stretching, gradually stretch to the point where a gentle tension or tightness is felt in the muscle - not to the point of pain. You should stretch slowly and smoothly - **do not jerk or bounce**. Hold the stretch for 10-15 seconds and repeat up to 3 times.