

Home stretching programme

GET STARTED

Before you start this programme you will need to ensure that you use a chair that is sturdy and stable, and you have water and any small exercise equipment near you. Wear comfortable clothing and the correct footwear to exercise.

Please bear in mind while exercising that if you feel any discomfort, experience any chest pain, dizziness or severe shortness of breath, stop immediately and contact your GP (or call an ambulance if you feel very unwell and your symptoms do not go away when you stop exercising).

While exercising you may feel a little stiffness in your joints or muscles if you haven't moved them much, and this feeling should subside once you have done a warm-up. If you experience pain in your joints or muscles, then stop, check your position and try the movement again. If the pain persists, then seek advice from your exercise instructor or your GP.

Once you have completed your daily exercise, and you may feel slightly sore the next day this is normal as this shows that you have worked your muscles. If the discomfort persists or the pain gets worse, then stop the exercises and seek advice from your instructor or GP.

We recommend to stay active every day doing your daily tasks and you should try to exercises two to three times a week, these exercises can be spaced out throughout your day and once you are more conditioned you can try doing these in one go.

If you choose to use this home exercise programme, please seek advice from your instructor to check suitability.

Here are a few tips to remember..

Stretching is another form of gentle exercise to keep you healthy. The benefits of stretching it that it helps to improve or maintain your joints' range of movement, and reduces joint and muscle stiffness. Like mobilisation, stretching is a relaxing way to keep healthy and these stretches can be done as part of your daily routine or included as part of your daily exercise programme.

Remember:

1. Movement should always be controlled and maintain correct posture throughout the exercise.
2. The aim of stretching is to lengthen the a group or isolating muscles to a comfortable feeling.
Stretching should never feel painful, but you may feel a slight discomfort due to the stretch.
3. Stretching should be gradual to the point of the stretch. Keep your movements controlled and relaxed.
4. Take regular rest breaks between each stretch if you need to.
5. Keep yourself hydrated.
6. If you have eaten a large meal leave up to two-hour gap before exercising.
7. Remember to breathe normally throughout the exercises - never hold your breath while exercising.
8. Do not exercise if you're feeling unwell!

Stretching

NECK STRETCH



- Sit up straight and look forward.
- Turn your head slowly to one side as far as you feel comfortable. Hold this position for 5 to 10 seconds and do the same to the other side.
- This can be repeated up to 3 times.

BACK OF NECK STRETCH



- Sit up straight and look forward.
- Lower your chin to your chest and hold for 5 to 10 seconds, then slowly raise your head back to the neutral position.
- This can be repeated up to 3 times.

SIDE OF NECK STRETCH



- Sit up straight and look forward.
- Tilt your head slowly to one side as far as you feel comfortable. Hold this position for 5 to 10 seconds and do the same to the other side.
- This can be repeated up to 3 times.

Stretching

SHOULDER STRETCH



- Sit up straight and look forward.
- lift your arm across the front of your chest and hold arm with other hand.
- Hold position for 5 to 10 second as repeat on other arm.
- This can be repeated up to 3 times.

BACK OF ARM STRETCH



- Sit up straight and look forward.
- Lift one arm straight up and then bend arm to place your hand on your back. Place the other hand on the back of the bent arm and slowly push the elbow backwards until you feel a comfortable stretch.
- Hold for 5 to 10 seconds.
- Repeat up to 3 times.

TORSO STRETCH



- Sit up straight and look forward.
- You can fold your arms or have an outstretched arm.
- Rotate your torso toward one side until you feel a comfortable stretch around your side and lower back.
- Hold this stretch for 5 to 10 seconds.
- Repeat up to 3 times.

Stretching

OBLIQUE STRETCH



- Sit up straight and look forward.
- Place your arm by your side and the other hand holding the side of the chair.
- Slowly lean to the one side until you feel a comfortable stretch of the opposite side for 5 to 10 seconds.
- Return to start position and repeat on the other side.
- Repeat up to 3 times.

BACK STRETCH



- Sit up straight and look forward.
- Raise your hands in line with your shoulders and lock your fingers together.
- Lower your chin down and extend your arms out.
- Hold this position for 5 to 10 seconds.
- Repeat up to 3 times.

CHEST STRETCH



- Sit up straight and look forward.
- Sit half way in to your chair and place your hands behind your back while holding your hands.
- Keeping a straight back move your arms away from your back until you feel a comfortable stretch in your chest and front shoulders.
- Hold for 5 to 10 seconds.
- Repeat up to 3 times.

Mobilisation

UPPER BACK STRETCH



- Sit up straight and look forward.
- Place hands on your legs and then slowly curve your upper back while bring your chin to your chest.
- Hold this position for 5 to 10 seconds.
- Repeat up to 3 times.

OUTSIDE LEG STRETCH



- Sit up straight and look forward.
- With your feet flat on the floor and legs hip-width apart.
- You should start by opening the knees outwards until you feel a comfortable stretch on the inside of your legs.
- Hold the stretch for 5 to 10 seconds
- Repeat up to 3 times.

INSIDE LEG STRETCH



- Sit up straight and look forward.
- With your feet flat on the floor and legs hip-width apart.
- You should start bring your knees towards the middle line of your body until you feel a comfortable stretch on the outside of your legs.
- Hold the stretch for 5 to 10 seconds.
- Repeat up to 3 times.

Mobilisation

GLUTES STRETCH



- Sit up straight and look forward.
- Place your feet flat on the floor and legs hip-width apart. Lift one knee.
- Hold your knee and bring it towards you, until you feel a comfortable stretch on your buttocks.
- Hold the stretch for 5 to 10 seconds.
- Repeat up to 3 times on each side.

BACK OF LEG STRETCH



- Sit up straight.
- With your feet flat on the floor and legs hip-width apart.
- Extend one leg until your heel touches the floor.
- Place your hands on the opposite leg and slowly move forwards until you feel a stretch on the back of the straight leg. Hold for 5 to 10 seconds, then return to the starting position.
- Repeat up to 3 times on each side.

FRONT OF LEG STRETCH



- Sit up straight and look forward.
- Seat to one side on the chair and hold on to the chair with the opposite hand.
- Keeping one foot firmly on the ground, lift the opposite leg by gripping the ankle or the back of your trousers and pull your heel towards your buttocks.
- Hold for 5 to 10 seconds, then return to the starting position. Repeat up to 3 times on each side.