

Stretching Warmup Program



*** Stretching **should not** cause pain or discomfort. If you experience any discomfort, inform your leader for assistance.***

Stretching exercises have been designed by Premise Health to warmup muscles, improve flexibility and help prevent soft-tissue injuries. These coincide with education materials overseen by Premise Health.

	<p>Marching In Place March in place by lifting your knees and feet and swing your arms at your side. Alternate continuously.</p>	<p>1 minute duration</p>	<p>Loosens hip and knee joints</p>
	<p>Neck Rotation Turn your head as if looking over the shoulder, return to center, then repeat to other side.</p>	<p>Hold 5 sec count, repeat 3X each side</p>	<p>Improves field of vision, neck mobility</p>
	<p>Neck Side bend Tilt your head sideways, pulling ear toward one shoulder. Then return to starting position and repeat to other side.</p>	<p>Hold 5 sec count, repeat 3X each side</p>	<p>Reduces tension in neck, increases neck mobility</p>
	<p>Overhead Stretch Interlock your fingers. Reach above your head by stretching your arms up.</p>	<p>Hold 5 sec count, repeat 3X</p>	<p>Improves shoulder and back mobility</p>
	<p>Shoulder Circles Standing, raise both shoulders up as far as possible toward your ears. Now make shoulder circles bringing shoulders backward, downward, forward and upward again. Repeat opposite direction</p>	<p>Perform 10X one direction repeat 10X the opposite direction</p>	<p>Activates shoulder girdle muscles</p>
	<p>Low back Stretch Place hands on hips and lean slightly (a few inches) backwards, then return to standing.</p>	<p>Hold 5 sec then return to upright posture. Repeat 3X.</p>	<p>Improves lumbar mobility.</p>
	<p>Trunk Rotation Stand with wide stance, place one arm over the other at chest level. Turn your body and head to one side, then return to center and repeat to other side.</p>	<p>Hold 5 sec and perform to other side. Repeat 3X each side.</p>	<p>Improves trunk mobility</p>
	<p>Mini Squat to Heel Raise Combo Stand with feet hip distance apart and toes straight ahead. Bend your knees as if you were going to sit down but maintain heels flat to floor. Return to standing flat feet. Raise heels off floor to press up onto balls of feet. Return to standing flat feet.</p>	<p>Repeat combo 5X.</p>	<p>Loosens hip, knee, and ankle joints</p>
	<p>Hamstring Stretch Standing, place the heel of one foot out in front of you with a straight knee. With your hands on your hips, bend forward until gentle tension. Bend from your hip, not from the back.</p>	<p>Hold 5 sec. Repeat 3X alternating each leg.</p>	<p>Improves hamstring mobility.</p>
	<p>Wrist Circles Standing, extend your arms forward, elbows at sides and slowly make circles with both wrists. Keep your fingers relaxed in fist position.</p>	<p>Perform 10X one direction, Repeat 10X opposite direction.</p>	<p>Improves mobility through the wrist region.</p>
	<p>Wrist Stretch Standing, extend your arm in front with palm facing down. With your opposite hand, bend your wrist downwards until you feel a comfortable stretch. Repeat with palm up until comfortable stretch</p>	<p>Hold 5 sec, Repeat 3X each arm.</p>	<p>Stretches commonly used forearm muscles</p>



Marching In Place
1 min duration
>Perform high stepping with arms swinging at sides



Neck Rotation
Hold 5 sec, Repeat 3X each side
>Turn head as if looking over the shoulder, return to center, Repeat other side.



Neck Side Bend
Hold 5 sec, Repeat 3X each side
>Tilt head moving ear toward shoulder. Return to starting position and repeat other side.



Overhead Stretch
Hold 5 sec count, Repeat 3X
>Interlock your fingers. Reach above your head by stretching your arms up.



Shoulder Circles
Perform 10X one direction, Repeat 10X opposite direction
>Standing, raise both shoulders up towards ears.
>Make circles bringing shoulders backward, downward, forward and upward again.



Low Back Stretch
Hold 5 sec, return to upright posture. Repeat 3X.
>Standing, place hands on your low back.
>Slowly bend backwards as far as comfortable.
>Do not extend the neck to prevent straining muscles around the neck.



Trunk Rotation
Hold 5 sec and perform to other side. Repeat 3X each side.
>Sit or stand with hands on hips or across chest
>Rotate to the right as far as is comfortable, return to center.
>Now, rotate to the left as far as comfortable, return to center.



Seated Figure Four
Hold 30 sec, then Repeat on other side.
>From Seated position, place Right ankle over Left knee.
>Gently apply pressure to Right knee as you lean forward to gentle tension.



Seated Hamstring Stretch
Hold for 30 sec, Repeat on other side.
>While sitting at edge of chair, extend one leg in front of the body with heel in contact to the floor.
>Maintaining straight posture, reach naval towards extended thigh until gentle tension. Try not to allow rounding of back.



Wrist Circles
Perform 10X one direction, Repeat 10X opposite direction.
>Standing, extend arms forward, elbows at sides and slowly make circles with both wrists.
>Keep fingers relaxed in fist position.



Wrist Stretch
Hold 5 sec, Repeat 2X each arm.
>Standing, extend arm in front with palm facing down.
>With your opposite hand, bend wrist downwards until you feel a comfortable stretch. Repeat with palm up until comfortable stretch.

These stretching exercises have been designed to warm up muscles, improve flexibility and prevent soft-tissue injuries. They should take no more than 5 minutes in duration to complete. Get up every hour and take breaks to walk around house, get a snack, stay hydrated and chat with family.

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