

FLEXIBILITY - SAMPLE PROGRAM

Do these stretches after exercising, while your muscles are still warm.

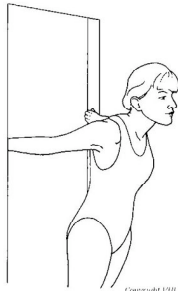
Relax into each stretch for at least 30 seconds (about 7 slow, deep breaths). Don't force the stretch or bounce.

(This is a Sample Workout ONLY! It is not recommended you do this workout without your physician's approval and a thorough assessment to determine if these are the right exercises for you.)

CHEST - 3 Pectorals

Holding onto door frame with arms at shoulder level, lean forward until stretch is felt.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

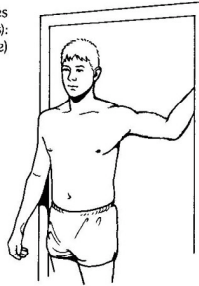


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SHOULDER - 93 Range of Motion Exercises (Self-stretching activities): External Rotation(alternate)

Keep palm of hand and elbow against the door frame and elbow bent at 90 degrees. Turn body from fixed hand until a stretch is felt.
Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

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SHOULDERS - 1 Rotator Cuff

Pull right arm down with left hand until stretch is felt. Repeat to other side.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.



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ANKLE/FOOT - 12 Plantar Fascia Stretch



Standing with ball of foot on stair, reach for bottom step with heel until a stretch is felt through the arch of the foot.
Hold ____ seconds. Relax. Repeat ____ times.
Do ____ sessions per day.

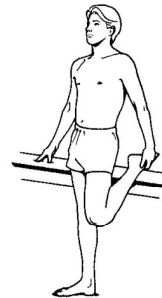
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HIP and KNEE - 37 Stretching Quadriceps Stretch

Pull heel toward buttock until a stretch is felt in front of thigh.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

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HIP and KNEE - 39 Stretching Standing Hamstring Stretch

Place foot on stool. Slowly lean forward reaching down shin until a stretch is felt in back of thigh.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

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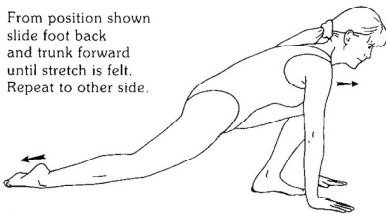


HIP OBLIQUE - 11 Flexors

From position shown slide foot back and trunk forward until stretch is felt. Repeat to other side.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

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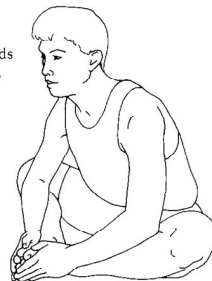


GROIN - 3 Thigh Adductors

Grasping feet with hands and bending from hips, gently pull forward until stretch is felt.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

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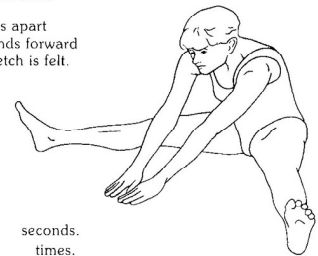


GROIN - 6 Thigh Adductors

With legs apart slide hands forward until stretch is felt.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

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BACK - 20 Mid Back Stretch



Push chest toward floor, reaching forward as far as you can.
Hold ____ seconds. Repeat ____ times.
Do ____ sessions per day.

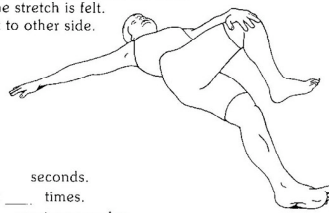
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HIP OBLIQUE - 6 External Rotators

Keeping the shoulders flat on floor, pull the upper leg toward the floor until the stretch is felt. Repeat to other side.

Hold ____ seconds.
Repeat ____ times.
Do ____ sessions per day.

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HIP and KNEE - 65 Figure 4 Piriformis Stretch

Cross legs with involved leg on top. Gently pull opposite knee toward chest until a comfortable stretch is felt in the buttock/hip area.
Hold ____ seconds. Repeat ____ Repetitions/set.
Do ____ Sets/session. Do ____ Sessions/day.

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