



Home stretching routine

BEFORE ATTEMPTING THIS HOME EXERCISE CIRCUIT PLEASE ENSURE:

- 1. You have no changes in your symptoms, health or medication & not eaten within the last hour.**
- 2. If you have any changes in symptoms, health or medication please do not exercise and speak to your GP or Phase 4 instructor (Jen/Ade) before attempting any exercise.**
- 3. STOP IF YOU HAVE ANY CHEST PAIN, SEVERE SHORTNESS OF BREATH, DIZZINESS OR MUSCLE CRAMP**

This stretch routine has been designed for those wishing to incorporate some stretches into their weekly activities.

There is a warm up at the beginning of the routine that has been designed to prepare the muscles for gentle stretching rather than physical activity so it is slightly different from class warmups. There is no cool down element, just a couple of seated breathing exercises at the end.

RPE is not really used for the stretching routine but I have left the scale below so you can refer to if you feel you need to.

Rating of Perceived Exertion (RPE)

6	No Exertion at all	(Equivalent to sitting)
7	Extremely Light	(Equivalent to standing still)
8		
9	Very Light	
10		
11	Light	(You should be able to sing)
12		
13	Somewhat hard	(You should still be able to talk)
14		
15	Hard	(Talking will now be difficult)
16		
17	Very Hard	
18		
19	Extremely Hard	
20	Maximal Exertion	(Complete Fatigue)

Ref: Borg G.E (1985)

An introduction to Borg's RPE Scale, Ithaca, New York



WARM UP:

- **Marching on the spot – 1 minute**
- **Toe taps forwards adding in bicep curls – 30 secs**
- **Heel digs adding in bicep curls – 30 secs**
- **Toe taps behind adding in bicep curls – 30 secs**
- **Side bends – 8 repetitions & hold on the 8th rep for a few seconds (repeat on opposite side)**
- **Torso twists and back to centre – 8 repetitions and hold on 8th rep for a few seconds (repeat on opposite side)**
- **Side steps – stepping side to side – 30 secs**
- **Hamstring curls – as you step to side curl foot up behind you- 30 secs**
- **Hip rolls – feet hip width apart, hands on hips and roll around in circles 5 times one way and 5 the opposite way**
- **Shoulder rolls – marching on the spot, slowly roll shoulders forwards 5 times and backwards 5 times**
- **2 deep breaths to finish**

Instructions.

- **Move into each stretch gradually until you can feel the stretch. You should not feel any PAIN**
- **Hold each stretch for 15-30secs and repeat 4 times until you've completed a minute in total.**
- **Do not bounce into the stretch**
- **Some stretches can be done seated or standing so have a chair handy and you will require the use of a towel for one stretch in particular**
- **Do not worry if you cannot complete all the stretches due to mobility issues – just do what you can.**

Neck stretch

- **Sitting or standing**
- **If seated hold side of chair to anchor shoulders**
- **If standing clasp hands behind back**
- **Tuck in chin gently**
- **Bend neck to the side – imagine touching ear to shoulder**



Rear shoulder stretch

- **Sitting or standing**
- **Straight arm out in front**
- **Take arm across chest and pull arm towards the chest**
- **DO NOT PULL ON THE ELBOW JOINT –PLACE HAND ABOVE OR BELOW THE ELBOW JOINT**
- **Repeat on the opposite side**



Tricep stretch

- Standing or sitting
- Take arm up in the air and bend elbow to take hand behind the head
- Use other hand to gently pull elbow back until you feel a stretch down the back of the arm
- Repeat on the opposite arm



Standing chest stretch

- Stand tall with feet hip width apart
- Clasp hands behind your back and slowly lift arms away behind you until you feel a stretch in the chest/shoulder area



Standing side stretch

- Stand with feet hip width apart, chest high and back straight
- Bend towards the left taking hand towards the side of your knee until you feel a stretch in your right side area.
- Hold the stretch there
- To increase the stretch take the right arm over head towards the left – you should feel a stretch further up towards armpit area
- Repeat on the opposite side



Standing calf stretch

- Using chair/wall for support stand with 1 leg forward and the other behind you with toes pointing forwards
- Keep back straight and chest high and heels on the floor
- Leaning forwards bending the front knee until you feel a stretch in the lower part of the back of your leg
- Repeat on the opposite leg



Sitting calf stretch

- Sit tall on the front of the chair
- Leg straight out in front with the other leg bent and foot on the floor
- Wrap towel around the ball of your foot that's extended holding onto each end
- Pull towel towards you keeping the leg straight until you feel a stretch in your lower leg
- Repeat on the opposite leg



Standing Quad stretch

- Holding onto chair/wall
- Standing on one leg bring the other leg back towards the bum, holding the ankle until you feel a stretch in the front of your thigh
- Keep knees together
- Repeat on opposite leg
- If you can't reach your ankle, wrap towel around your ankle and pull on both ends or pull on your trouser leg



Sitting quad stretch

- Sit sideways on a chair (pictured)
- Slide outer leg off chair and take leg backwards until you feel a stretch in the front of the thigh
- You may feel this more in the hip if hip flexors are tight
- Repeat on opposite side



Standing hamstring stretch

- Use chair/wall for balance
- Take one leg out straight in front of you keeping foot flat to floor or pointing toes to the ceiling
- Bend and take weight onto back leg keeping the back straight
- Lean forward from the hips until you feel a stretch in the back of your thigh
- Repeat on opposite leg



Seated hamstring stretch

- Sit on edge of chair one leg straight out in front of you
- Lean forward at the hips keeping back straight leaning down towards the top of the shin/toes
- Go as far as possible until you can feel a stretch
- Repeat on the opposite leg



Sitting glute stretch

- Sitting forward on your chair
- Bring one leg up and rest foot on top of opposite knee (pic)
- Keeping back straight lean forward from the hips until you feel a stretch in the bum/glute area
- Repeat on opposite side



Seated lower back stretch

- Sit forward on chair with both feet flat on floor if you can
- Twist and reach round to the left and hold onto side and rear of chair
- Keep back straight and chest high
- Repeat on opposite side



Standing hip flexor stretch

- Holding chair/wall for support take one foot forward bending the front knee into a lunge position
- Keep back heel up so you are resting on your toes and push hips forward until you feel a stretch in the front of the hip area
- Repeat on opposite leg



Kneeling hip flexor stretch

- Kneeling down, take one leg forwards and plant foot flat on floor
- Maintain upright posture and shift hips forwards bending the front knee
- Stop when you feel a stretch in the hip area
- Repeat on opposite leg



WELL DONE EVERYONE 😊