



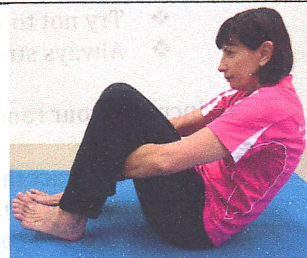
## Stretching Benefits

- \* Relief from pain
- \* Increases energy level
- \* Increases flexibility
- \* Better range of motion of joints
- \* Relaxation & stress relief
- \* Enhanced muscular coordination
- \* Improved posture
- \* Greater sense of well being
- \* Greater blood circulation

## The Daily 5

### 1. Sitting middle and upper back

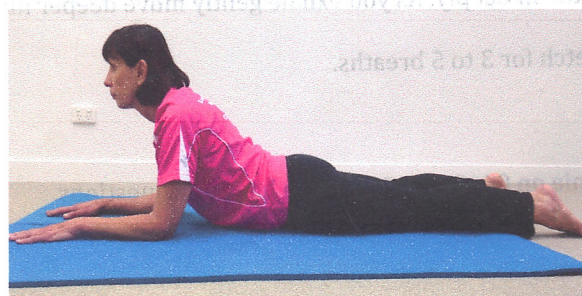
- 1) Walk feet back to body. Slump and hang off arms. Gently tighten tummy muscles. C shape
- 2) Using arms pull face to thighs without bending at hips  
Let hips roll backwards and your upper body slump forwards
- 3) Chin to chest (neck stretch)
- 4) Pull on arms to increase the stretch



### 2. Lying backward bend

- 1) Roll onto stomach. Bring other elbow into position parallel to other arm
- 2) Relax butt muscles
- 3) Let stomach rest on floor
- 4) Gently pull shoulders back
- 5) Relax tummy. C: Gently pull elbows back without moving them, towards hips (activates lats) BI/BO  
R: Gently pull shoulders back further

*Release: slide 1 arm out at time and gently roll over and return to floor. Upper & middle back stretch*



### 3. Sitting on floor hip stretch

- 1) Bend one leg with foot flat on floor over extended leg. Hold knee with opposite elbow. Negative thrust and lift chest. Sit up straight
- 2) C: Press knee into forearm. BI/BO R: Draw knee into armpit
- 3) Repeat on tighter side

#### If stronger stretch needed:

- 1) Fold extended leg under
- 2) Ensure both hips on floor
- 3) Negative thrust & lift chest
- 4) CR: as above

*Release: Shake legs out.*



### 4. Standing side bend with support (back to wall if possible)

- 1) Lean sideways with support arm on opposite hip
- 2) Reach out top arm.
- 3) Slowly roll top shoulder forwards and overhead
- 4) Try to extend upper arm as far as possible as if to grasp unreachable object
- 5) To come out of stretch: slowly roll top shoulder forward toward floor, hand comes down to floor; hands on knees and lift body back up to start.
- 6) *Release: Bend knees and swing arms*



### 5. Lying back rotation

- 1) Lie on back on the floor, arms in crucifix position
- 2) Bring one knee to armpit and hold with both hands
- 3) C: Gently press knee into hands BI/BO R: Bring knee closer to body
- 4) Release knee. Bring foot to floor & slightly move hips toward this side
- 5) Bring bent leg across other leg toward floor. Hold knee with opposite hand. Turn head toward extended arm
- 6) C: Push knee into hand BI/BO R: Bring knee/leg further across & closer to floor

*Release: Childs Pose*

