

Time Out Stretch

Just a few minutes of targeted stretches may increase muscle flexibility, reduce risk of injury and prevent muscle soreness.

Body Stretch

Stretches arms, chest, hands and shoulders

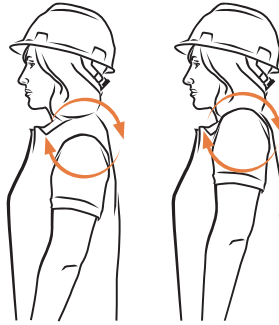
Maintain a neutral body posture.
Raise arms over head, directly above shoulders.
Interlock thumbs and spread fingers.
Extend body upward on toes.
Hold for 5-8 seconds.
Repeat 3-5 times.



Shoulder Rolls

Stretches upper back, neck and shoulders

Standing tall, rotate shoulders forward slowly 5-7 times.
Reverse the direction and rotate backwards 5-7 times.



Chest Stretch

Stretches arms, chest, hands and shoulders

Interlace your fingers behind your back, palms facing away from your back.
Slowly move your elbows in towards your spine while straightening your arms until a stretch is felt.
Lift your breast bone slightly upward as you stretch.
Hold 5-8 seconds.
Repeat 3-5 times.



Lower Back Rollover

Stretches chest and back

Place hands just above the back of your hips, elbows back.
Gently press forward.
Slightly lift your breast bone upward as you hold the stretch.
Hold for 5-8 seconds.
Breathe easily. Repeat 3-5 times.



(If this causes pain at the forearms, modify the stretch by making a fist and placing fist on the back of your hips to alleviate pressure at the wrists.)

Quadriceps Stretch

Stretches front of thigh, hip flexors and ankles

Balance weight on the left leg or use something for support.
Grab the right ankle with the left hand. Maintain a straight line with the knee to the floor.
Press hips forward to feel the stretch, avoid pulling the knee up and back.
Hold for 5-8 seconds.
Repeat with other leg.

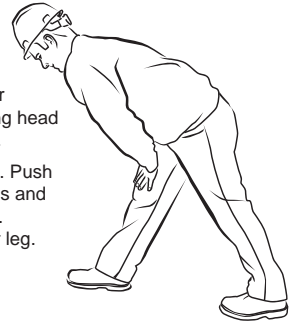


(If you are unable to reach your ankle, modify the stretch by placing your foot on a bench or ledge that is about 1-2 feet off the ground. Slowly press your hips forward to feel the stretch in front of the thigh.)

Hamstring Stretch

Stretches back of the thigh and calf

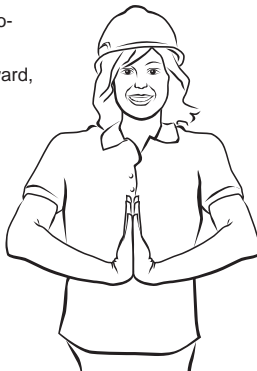
Assume stride position with right leg forward, legs straight, feet flat on floor and toes pointed forward.
Place both hands on right thigh for support. Slowly bend forward over right knee, keeping head and back straight.
Hold 5-8 seconds. Push upward with hands and arms for recovery.
Repeat with other leg.



Prayer Stretch

Stretches wrists, forearms and hands

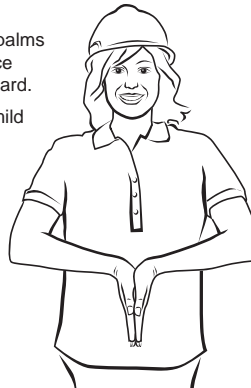
Place hands palm-to-palm in front of you.
Move hands downward, keep your palms together, until you feel a mild stretch.
Keep elbows up and even.
Hold 5-8 seconds.



Inverted Prayer Stretch

Stretches wrists, forearms and hands

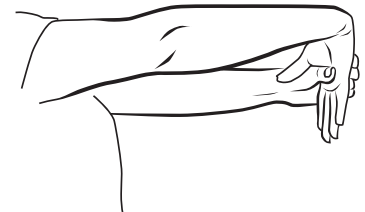
From the previous stretch, rotate your palms around until they face more or less downward.
Go until you feel a mild stretch.
Hold 5-8 seconds.



Forearm Stretch

Stretches wrist extensors

Straighten right arm. Place the palm of left hand on top of the right hand.
Slowly move right palm in the direction of the floor until a stretch is felt.
Hold 5-8 seconds. Repeat other arm.



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