

Home Based Stretching and Exercises

DISCLAIMER AND TIPS:

- Always consult your doctor or a health care professional before initiating any exercise program.
- Be sure to maintain a balanced diet and drink plenty of fluids throughout the day to maximize muscle fiber recruitment and muscle flexibility/extensibility.
- Never exercise if you experience pain during an activity. Listen to your body. If something hurts, stop.
- Never hold your breath during exercises. A good way to prevent this is to count out loud while performing your routine.

copies of these exercises are available upon request

Posture Exercises

▪ Posture Exercises:

– **Shoulder retraction:**

- Sit or stand with your shoulders down and a neutral head. Bend your elbows to a 90 degree angle and keep your inner elbows at your sides. Move your forearms backwards parallel to the floor and squeeze your shoulder blades together. Hold for 3 seconds. Be sure not to hike your shoulder up to your ears while performing exercise. Return to starting position and repeat 10 repetitions, 3 sets.
- Helps strengthen back muscles to correct posture.



Posture Exercises

- Posture Exercises:

- **Chin Tuck:**

- Sit or stand with your shoulders down and a neutral head. Look straight, place 2 fingers on your chin and slightly tuck your chin and attempt to bring your head back without tilting it up or down. Hold 3 seconds. Return to starting position and repeat 10 repetitions, 3 sets.
 - Helps with forward head posture and headaches.

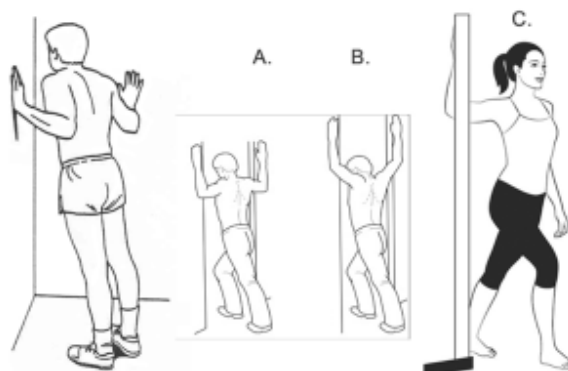


Posture Stretch

- Posture Exercises:

- **Doorway Stretch:**

- Stand in a doorway with a staggered stance (one foot in front). Lift your upper arm so it is parallel to the floor and bend your elbows to 90 degrees. Slowly lean into the doorway allowing you to feel a stretch in your chest muscles. Hold 20-30 seconds. Repeat 3 times.
 - Helps to lengthen tight chest muscles that become shortened with prolonged sitting.



Posture Stretch

- Posture Exercises:

- Upper Trap Stretch:**

- Sit or stand with your shoulders relaxed and down. Reach over your head with your right hand and grasp your left temple. Slowly bring your right ear to your right shoulder until you feel a stretch in your left upper trap muscle. Repeat with other side. Hold 30 seconds. Repeat 3 times each side.
 - Helps to stretch tight shoulder muscles and alleviate stress filled soft tissue.

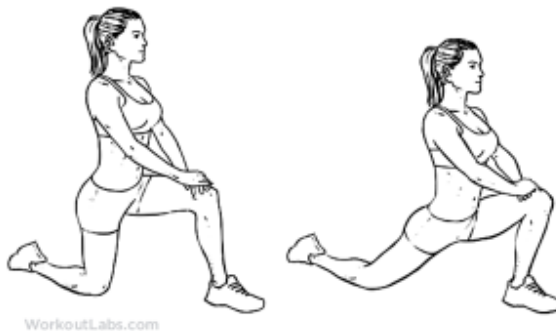


Posture Stretch

- Posture Exercises:

- Kneeling Hip Flexor Stretch:**

- Kneel with your left knee on the floor and your right knee at a 90 degree angle in front of you. Put your hands on your right knee and keep your back straight. Gently lean forward into your right hip as you feel your left hip flexors stretch. Repeat with other side. Hold 30 seconds. Repeat 3 times each side.
 - Helps to stretch tight hip flexor muscles associated with prolonged sitting.



Home Based Simple Exercises

- Lower Extremity Strengthening:

- **Squats:**

- Place your feet hip distance apart and bend your knees as much as feels comfortable, as if you are going to sit on a chair. Do not bend your knees more than 90 degrees and keep your heels on the ground. Hold 1-2 seconds and return upright. Repeat 10 repetitions, 3 sets.
 - Can also be performed against the wall for better balance.
 - Target muscles: Glutes, quads, hamstrings.



Home Based Simple Exercises

- Lower Extremity Strengthening:

- **Lunge:**

- Stand tall with feet together. Step forward with one foot until your leg reaches a 90 degree angle. Push back to upright with your front lunging leg. Hold 1-2 seconds and return upright. Repeat 10 repetitions, 3 sets. Alternate legs between sets.
 - Targeted muscles: Glutes and quads.

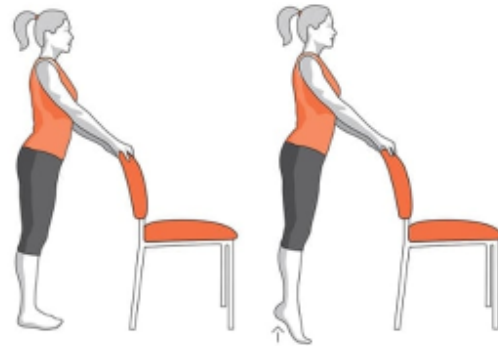


Home Based Simple Exercises

- Lower Extremity Strengthening:

- **Calf Raises:**

- Stand with your hands on a countertop or chair for balance. Rise up onto the balls of your feet so you are on your tip-toes. Slowly return down so your heels are flat again. Hold 1-2 seconds. Repeat 10 repetitions, 3 sets.
 - Targeted muscles: Gastroc/soleus complex.



Home Based Simple Exercises

- Upper Extremity Strengthening:

- **Wall Push-ups:**

- Stand 12-18" away from the wall. Place your palms on the wall shoulder width apart. Bend your elbows and begin to lean your body toward the wall. Make sure your back stays straight and your hips don't sag. Slowly push back to the starting position.
 - Targeted muscles: Pecs, triceps, deltoids.



Home Based Simple Exercises

- Abdominal Strengthening:

- **Crunches:**

- Lie on your back with your knees bent and feet flat on the floor. Place your hands either behind your head, across your chest, or on your thighs. Slowly curl up towards your knees until your shoulders blades come just off the floor. Hold for 1-2 seconds and then lower slowly.
- Can bring elbow to opposite knee for lateral abdominal activation.
- Targeted muscles: Rectus abdominus, obliques.



Home Based Simple Exercises

- Abdominal Strengthening:

- **Planks:**

- Place your forearms on the floor with elbows aligned below your shoulders. Keep your toes on the floor and squeeze your glutes and abdominal muscles to stabilize your body. Make sure your head is in line with your neck. Start with a 10 second hold, and increase daily. Be sure your form is not compromised and your lower spine does not "sag" into the floor.
- Targeted muscles: Rectus abdominus, transverse abdominus.

