TAKE 5 TO STRETCH

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WHY?

INCREASED FLEXIBILITY & ELASTICITY OF MUSCLES

FLEXIBILITY IS AN IMPORTANT PART OF TRUE MUSCLE FITNESS (ALONG WITH STRENGTH & ENDURANCE)

DECREASED RISK OF INJURY
DECREASED LOAD ON SPINE & OTHER JOINTS (SUSTAINED POSITIONS CAUSE BODY CHANGES)

IMPROVED CIRCULATION
WHEN?

- DEPENDS ON THE ACTIVITIES YOU ARE DOING

- AT LEAST TWICE PER DAY

- MORE FREQUENTLY IF IN A SUSTAINED POSITION
SUSTAINED SITTING: EVERY 20-30 MINUTES

PROLONGED STANDING OR AFTER BENDING
HOW?

- STRETCH
- WALK AROUND UNIT OR TAKE STAIRS
- DEEP BREATHING
- CHANGE ACTIVITIES/TASKS
**DO**

- SET A TIMER FOR EVERY 20-30 MINUTES
- HOLD A STRETCH FOR 10-30 SECONDS
- BREATHE !!

**DON’T**

- NEVER BOUNCE WHILE STRETCHING
- STRETCHING SHOULDN’T CAUSE PAIN
POSTURE

STAND OR SIT TALL WITH CHEST UP AND SHOULDERS BACK. KEEP TUMMY TIGHT.
EXERCISES

- STANDING BACK EXTENSION
- BODY STRETCH
HAMSTRING STRETCHES
- **QUAD STRETCH**

- **CALF STRETCH**
NECK STRETCHES

- Make sure you are in a good position before you start.
- Do not force the movements.
- Do not swing your head around.
ARM STRETCHES

Posterior Shoulder Stretch

Anterior Shoulder/Chest Stretch
THE END