

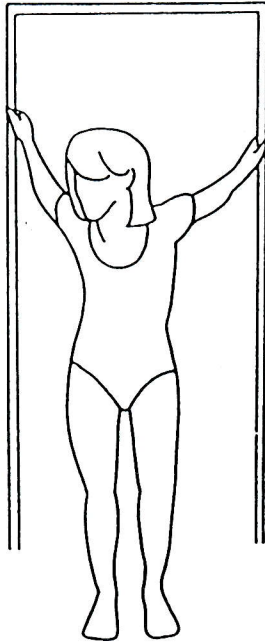
STRETCHING THE UPPER LIMB & TRUNK

A guide produced by the Sports Physiotherapy Group - NSW Chapter.
(a special interest group of the Australian Physiotherapy Association)

- STRETCHES**
- are designed to produce both muscle and joint flexibility
 - should never be painful
 - a sustained stretch of 15 secs or longer is preferable
 - following injury, stretch should be felt at the site of the lesion, without pain
 - over stretching may aggravate the problem
 - body position is of utmost importance for an effective stretch
 - the best results are achieved by stretching a little bit, often.

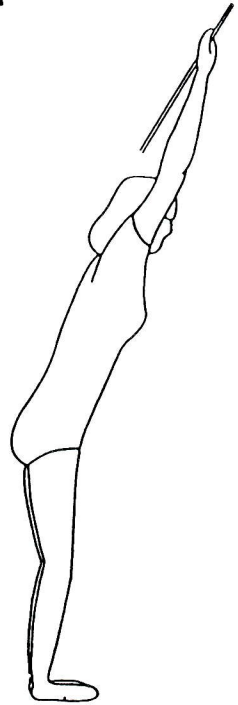
THE PECTORAL MUSCLES

1. Stand in doorway
2. Lean body forwards



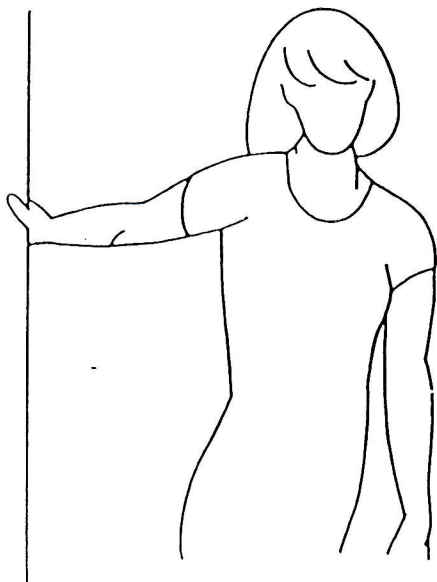
LATISSIMUS DORSI

1. Hang from rail or door



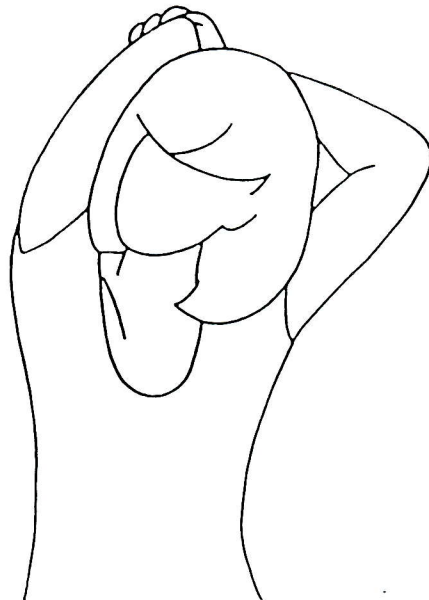
BICEPS

1. Hold onto door at arms length
2. Turn body away from arm



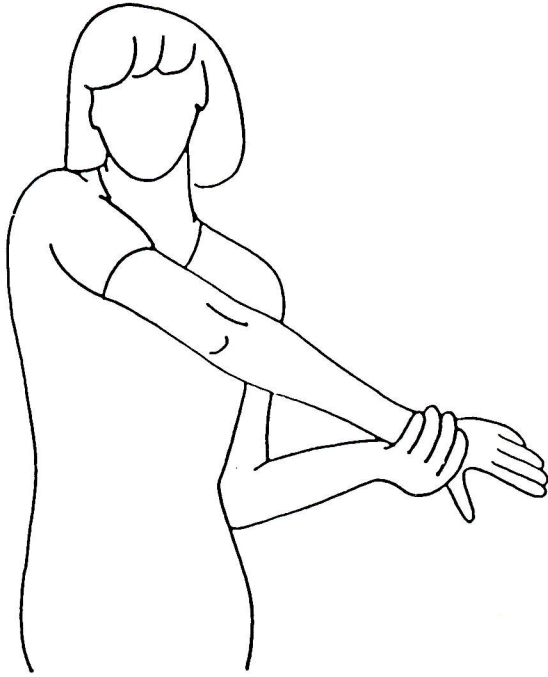
TRICEPS

1. Hand behind head
2. Pull elbow behind head with opposite hand



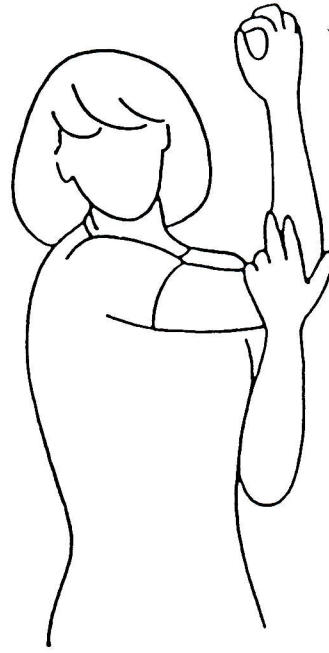
SUPRASPINIATUS

1. Arm across body, thumb towards ground



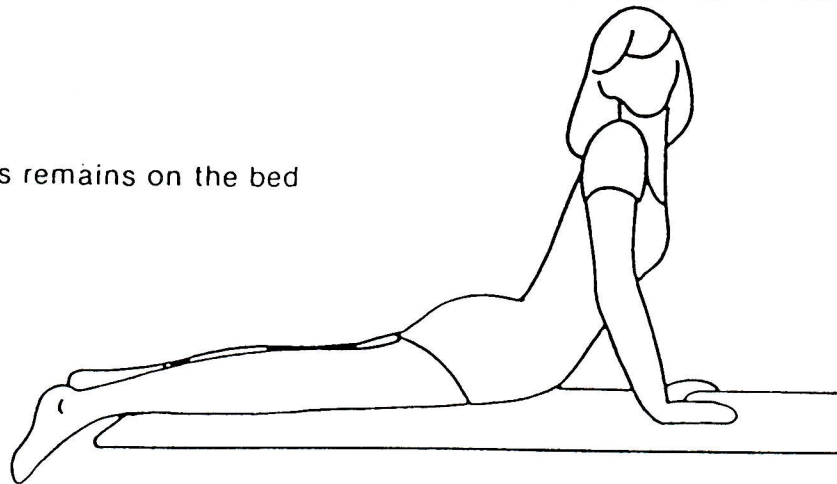
POSTERIOR SHOULDER CAPSULE

1. Pull elbow across to opposite shoulder



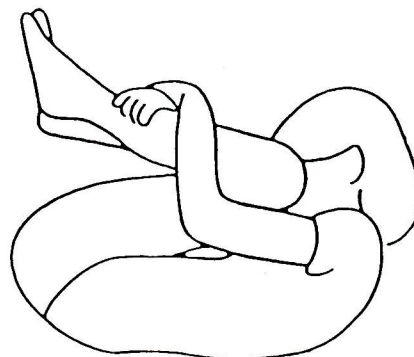
ABDOMINALS

1. The pelvis remains on the bed



BACK EXTENSORS

1. Curl into a ball



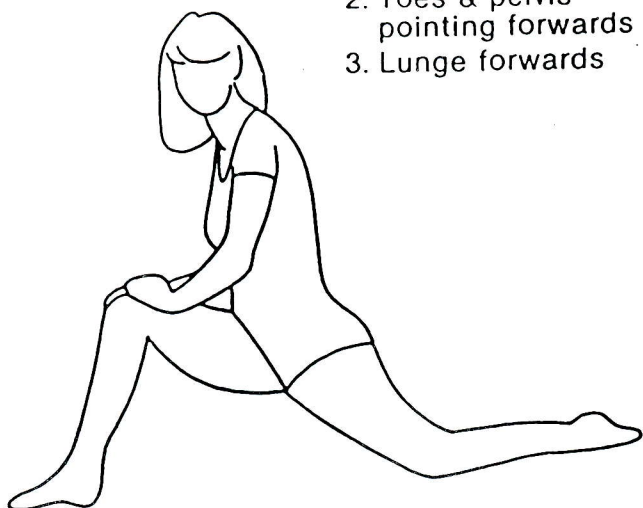
These are guidelines for stretching. Alternative positions may be found for most muscle groups.

STRETCHING THE LOWER LIMB

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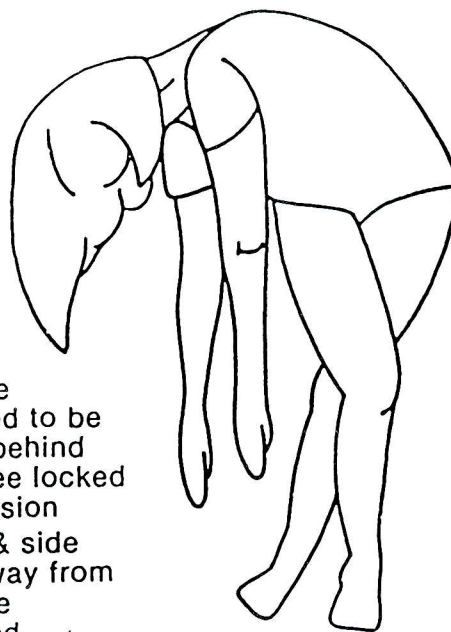
- STRETCHES**
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HIP FLEXORS



1. Body upright
2. Toes & pelvis pointing forwards
3. Lunge forwards

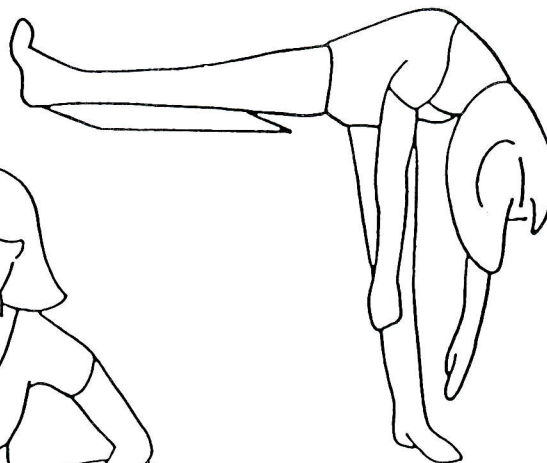
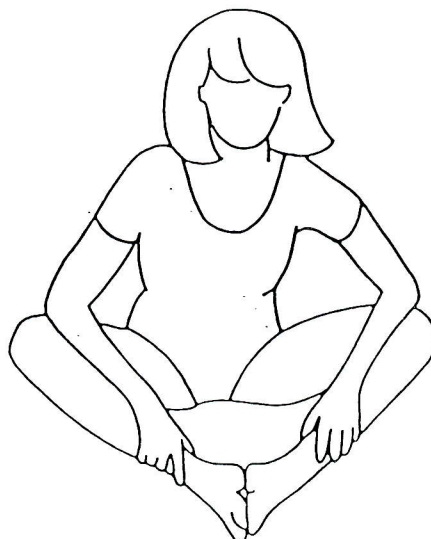
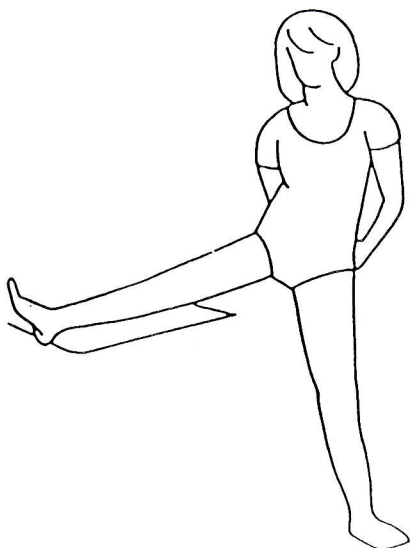
TENSOR FASCIA LATA / ILIO-TIBIAL BAND



1. leg to be stretched to be placed behind with knee locked in extension
2. Rotate & side bend away from leg to be stretched

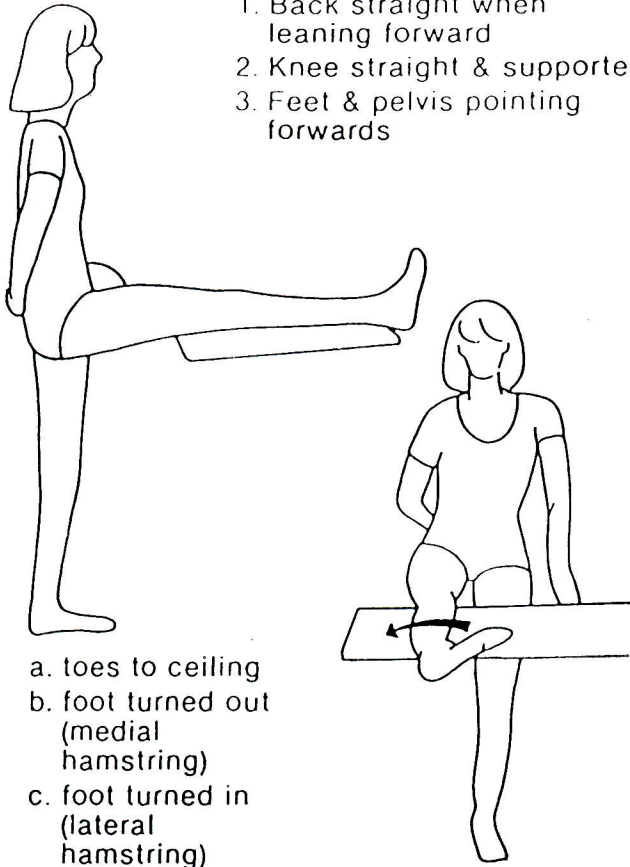
ADDUCTORS

1. Push knees towards the floor



HAMSTRINGS

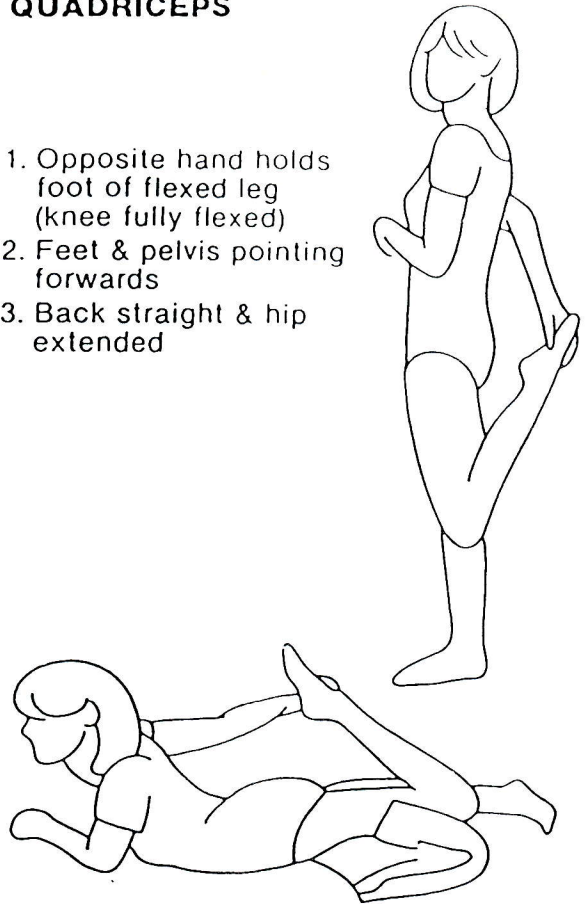
1. Back straight when leaning forward
2. Knee straight & supported
3. Feet & pelvis pointing forwards



- a. toes to ceiling
- b. foot turned out (medial hamstring)
- c. foot turned in (lateral hamstring)

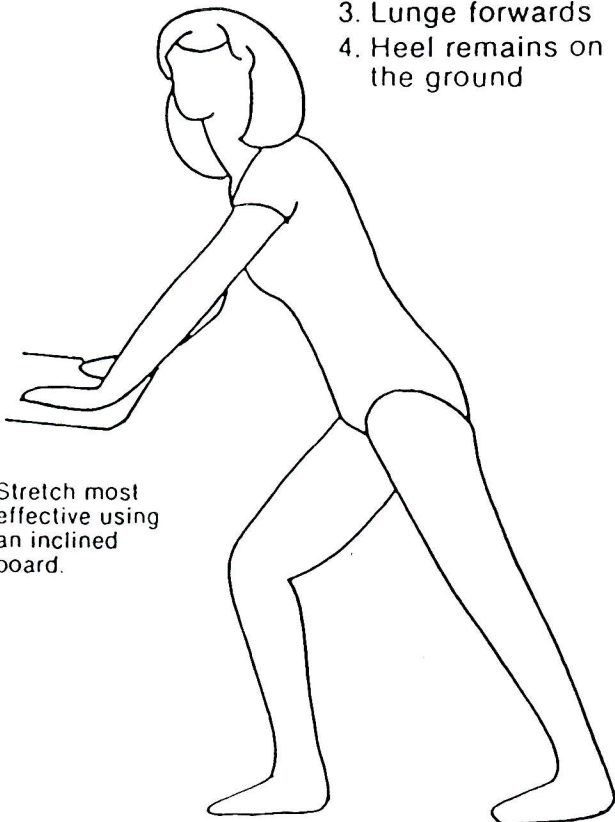
QUADRICEPS

1. Opposite hand holds foot of flexed leg (knee fully flexed)
2. Feet & pelvis pointing forwards
3. Back straight & hip extended



GASTROCNEMIUS

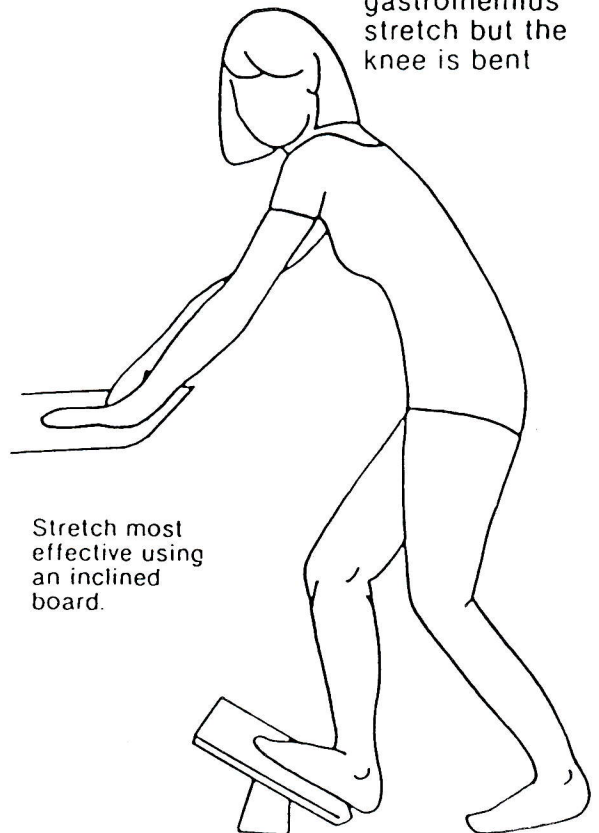
1. Feet & pelvis pointing forwards
2. Back straight
3. Lunge forwards
4. Heel remains on the ground



Stretch most effective using an inclined board.

SOLEUS

1. Same position as for gastrocnemius stretch but the knee is bent



Stretch most effective using an inclined board.

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