

HOME EXERCISE – Stretch 1

Warm up

Walking or marching on the spot for 5 minutes

Walk



March



When stretching hold the stretch steady until you feel the muscle gently stretching

Hold the stretch for 10 seconds and repeat each stretch 2 times

Remember to keep breathing

You should feel a pleasant sensation in the muscle after stretching.



Stretches should NOT hurt

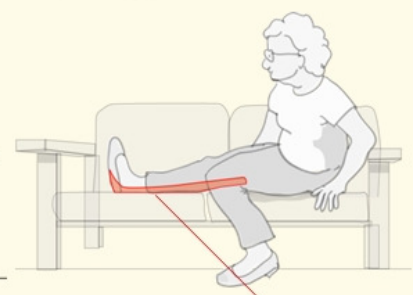
Legs

Front leg

Standing up or sitting down

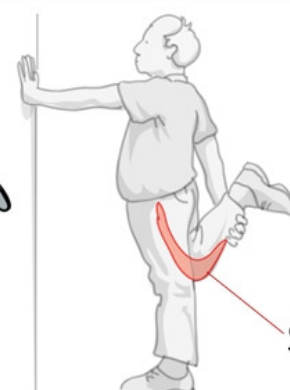


Stretch



Stretch

Back leg

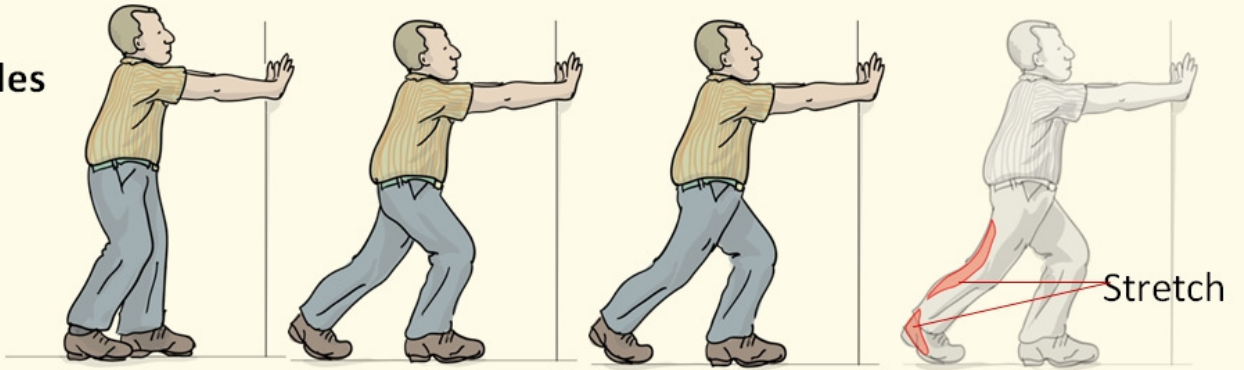


Stretch

HOME EXERCISE – Stretch 2

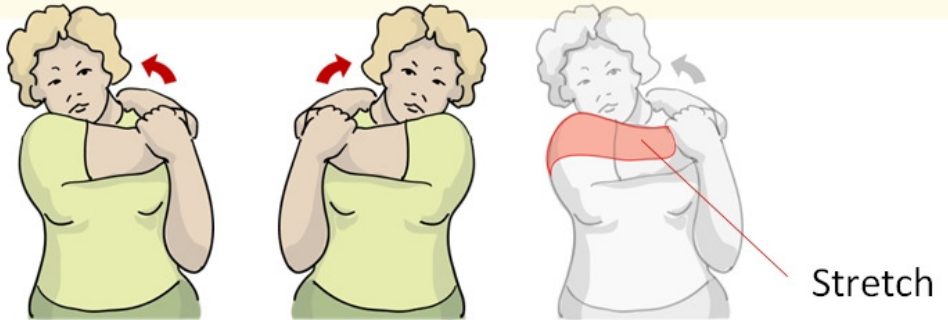
Legs

Calf muscles



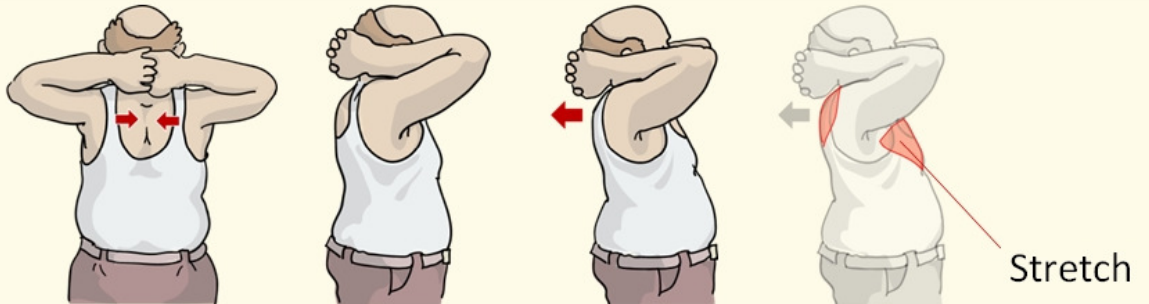
Shoulders

Shoulders

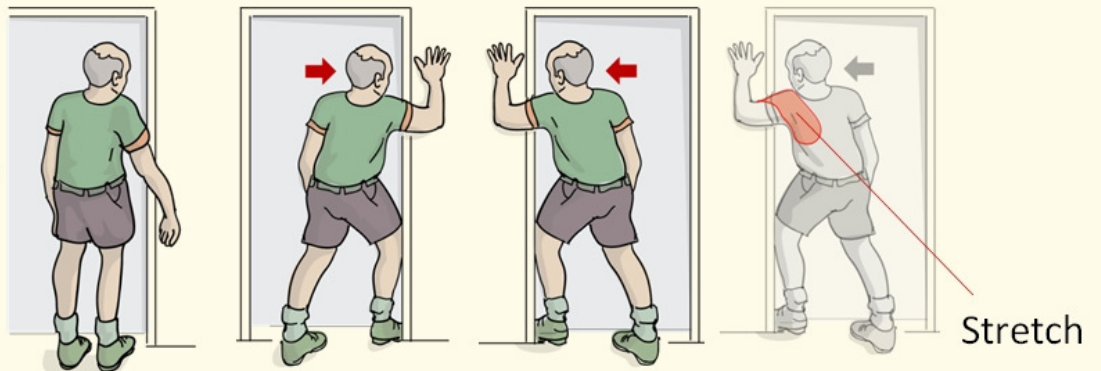


Chest

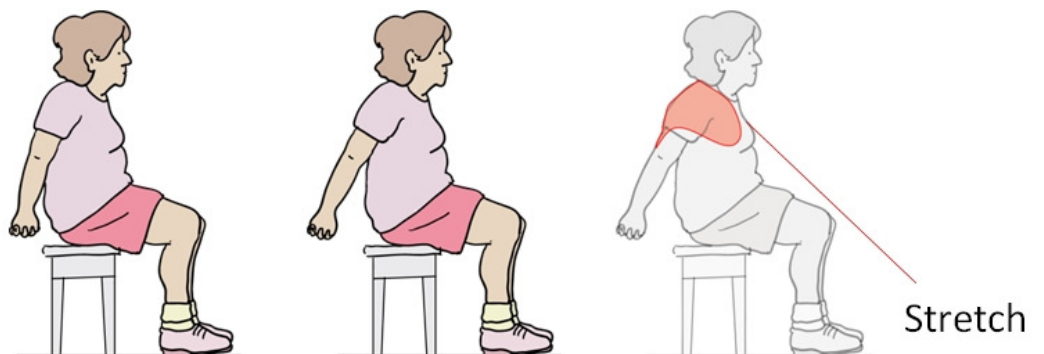
Hands behind head



Arm against door frame



Hands behind back



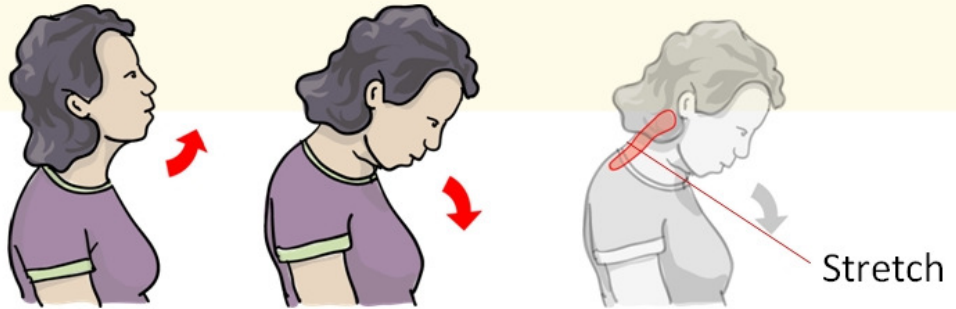
HOME EXERCISE – Stretch 3

Neck

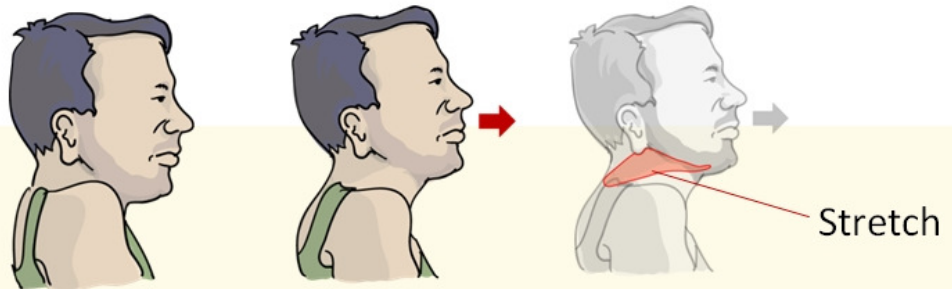
Side to side



Up and down

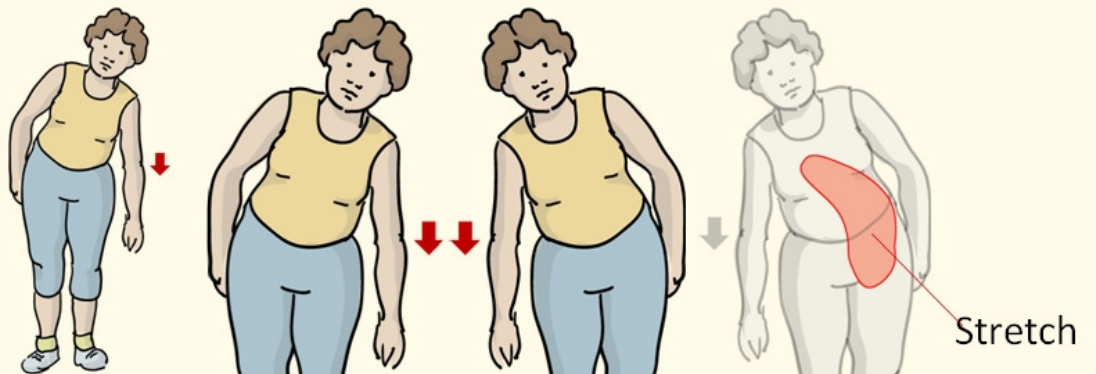


Forward and back

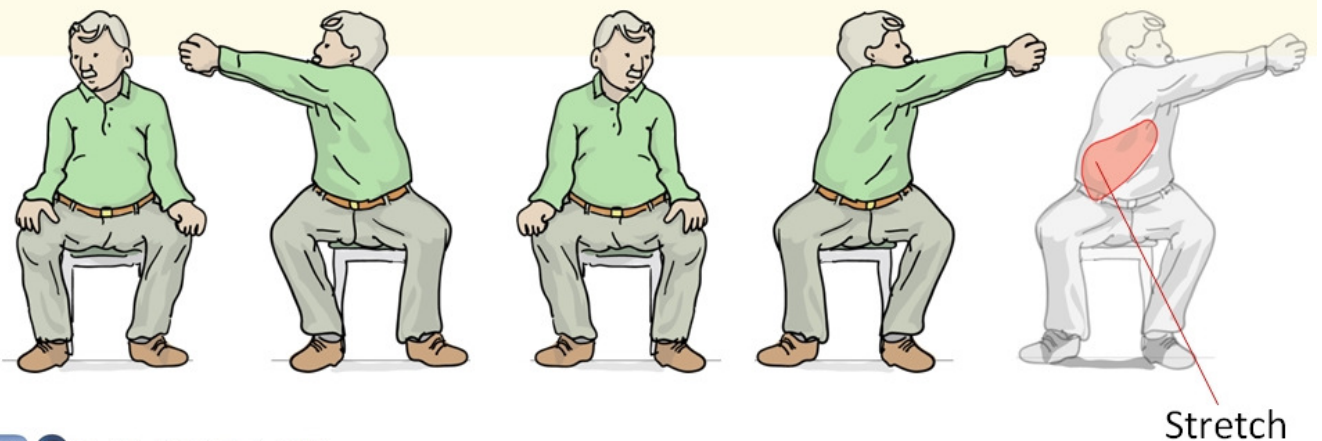


Trunk Movement

Backwards and forwards



To the side



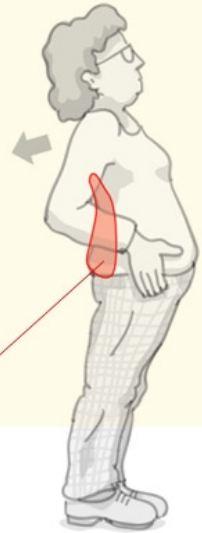
HOME EXERCISE – Stretch 4

Lower Back

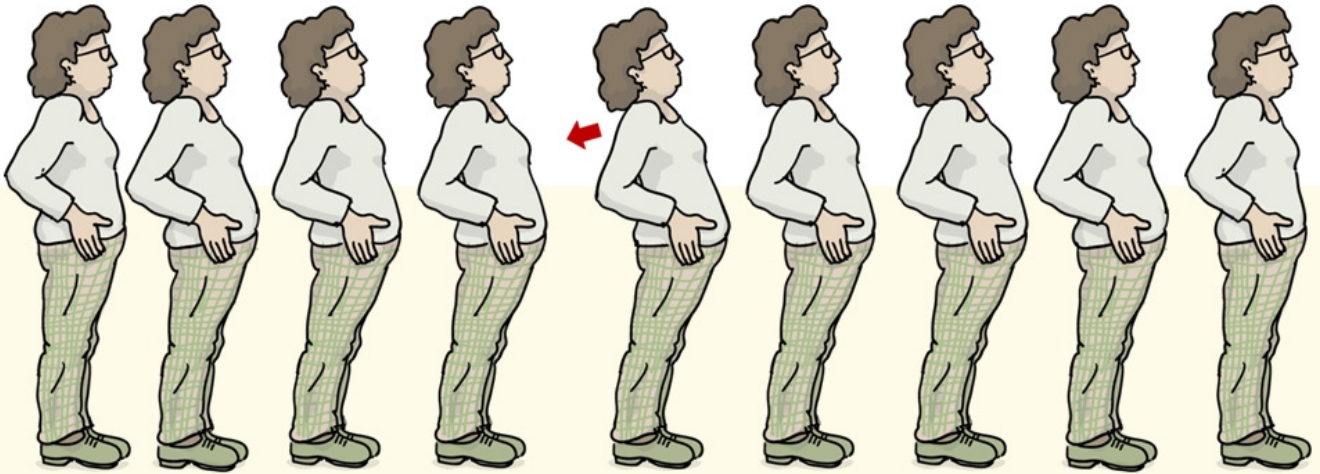


Do **NOT** hold lower back stretch for 10 seconds.

NO jerking or rushed movement



Stretch



Gently and smoothly into stretch

Gently and smoothly out of stretch

There is no need to print the following page when printing and using this resource
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You must use your own professional judgement when using this resource

Purpose of resource:

To promote physical activity

Target group:

This resource is designed to be used by Australians adults & adolescents.

Notes:

This resource is designed to be printed A3 size and then laminated.

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