

SEE OPPORTUNITIES AND ACHIEVE RESULTS COMPREHENSIVE WELLNESS PROGRAM

# Warm-up & Cool Down Stretching Manual

---

Used with permission from Mountain View Hospital Health and Fitness Academy

**Demonstrated by Hayley Jones, CSCS**

**(208) 557-2823**

**[hjones@mvhospital.net](mailto:hjones@mvhospital.net)**



Stretching at work is one good way to provide health benefits that will be felt immediately. The benefits of stretching have been proven medically as being able to:

1. Loosen the muscles
2. Reduce injury
3. Increase the range of motion in the joints
4. Increase your blood circulation
5. Increase your oxygen intake
6. Relieve you of stress

# **Dynamic Stretches**

The following exercises are dynamic stretches. Dynamic stretching uses speed of movement, momentum and active muscular effort to bring about a stretch. Dynamic stretching is useful before performing any type of physical exertion or manual labor to reduce the risk of injury and ensure peak performance.

# High Knee Walk



Stand in an upright position with your back straight and toes and knees facing forward. Wrap your hands around your knee, pulling your knee up and close to your chest. Hold for 3 seconds, step forward and repeat on the left side. Complete at least 4 stretches on each side

**Modification:** Hold onto a wall, railing or chair to keep you balance, or you may sit and perform the same movement. Stay stationary, and complete at least 4 stretches on each side.

# Quad Stretch



Stand upright on your left leg, grasp your right foot around the ankle and slowly move the heel towards your buttocks. Hold the stretched position for about 3 seconds; during the hold, contract your buttocks muscles, drawing them downwards to increase the stretch on the quadriceps muscles. Complete at least 4 stretches on each side.

To minimize the risk of injury, do not allow your back to arch during the exercise, and keep your right knee pointing directly downwards throughout the stretch. This will ensure that the bones and muscles of the leg are correctly aligned. Step forward and repeat the stretch on the other leg.

**Modification:** Hold onto a wall, railing or chair to keep your balance, or you may sit and perform the same movement. Stay stationary, and complete at least 4 stretches on each side.

## Figure 4's



Stand upright on your left leg, grasp your right leg around the lower knee and upper ankle and slowly raise the leg. Hold the stretched position for about 3 seconds. Step forward and repeat on the opposite side. Complete at least 4 stretches on each side.

**Modification:** Hold onto a wall, railing, or chair to keep your balance, or you may sit and perform the same movement. Complete at least 4 stretches on each side.



# Big Step Lunge



Stand upright and take a big step forward with your left leg. Keeping your back leg straight, lunge forward, drawing your buttocks to the ground. Minimize the risk of injury by not letting your front knee extend over the top of your toe. Step forward and repeat the stretch on the other side. Complete at least 4 stretches on each side.

**Modification:** Hold onto a wall, railing or chair to keep your balance, or you may sit and perform the same movement. Stay stationary, and complete at least 4 stretches on each side.

# Side Lunge



With legs in a wide stance, sit back as if you are sitting in a chair and lean to one side, keeping the opposite leg straight. Step to the side and repeat the stretch on the other side. Complete at least 4 stretches on each side.

**Modification:** Hold onto a wall, railing, or chair to keep your balance, or you may sit and perform the same movement. Complete at least 4 stretches on each side.



# Lunge with Side Bend



Stand upright and extend your hands above your head. Take a step forward with your left foot and lunge while being careful not to let your left knee extend over your left foot. Lean to the left while keeping your arms straight and stretch to the side. Step forward and complete the stretch on the opposite side. Complete at least 4 stretches on each side.

**Modification:** Hold onto a wall, railing, or chair to keep your balance, or you may sit and perform the same movement. Complete at least 4 stretches on each side.

# Inchworm with Calf Stretch



Start with your feet and hands on the ground. Keeping your legs straight, walk your feet up to your hands. Then walk your hands forward, away from your feet. Before repeating, stretch out each calf and hold for 5 seconds. Repeat the stretch by walking your feet back up to your hands. Complete at least 4 stretches.

Modification: Start by standing upright in front of a railing or wall and walk your hands down the railing or wall to mimic the right side picture. You can prop your foot up against the wall or railing to mimic the calf stretch as well.

# Chest Stretch Against Wall



Stand upright with your right hand against a wall, pole, or something stationary. Keeping your right arm straight, slightly turn and look away from your right arm and toward your left shoulder. Hold for 3 seconds. Repeat on the opposite side. Complete at least 4 stretches on each side.

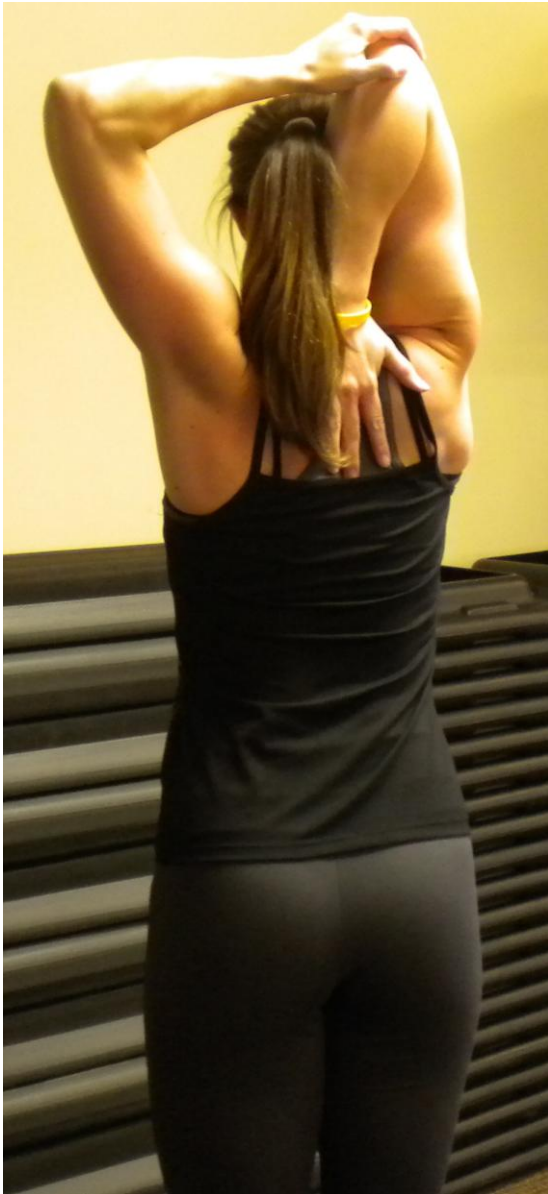


# Across the body stretch



Standing upright, extend your right arm in front of your body. Grab your right arm with your left hand and pull your arm across your chest. Hold for 3 seconds and repeat the stretch on the opposite side. Complete at least 4 stretches on each side.

# Triceps Stretch



Standing upright, extend your right arm behind your head. Grab your right elbow with your left hand and slowly pull your right arm back until you feel a stretch in your arm muscles. Hold the stretch for 3 seconds and repeat on the opposite side. Complete at least 4 stretches on each side.



# Static Stretches

The following exercises are static stretches. A static stretch is one held for length of time. This stretch is best used to focus on lengthening the muscle and improving flexibility. Static stretching is **BEST** used **AFTER** your workouts.

# Hamstring Stretch



Lie flat with your back on the ground. Wrap a band, belt, old t-shirt or towel around the middle of your right foot. Keeping your leg straight in the air, pull your leg back towards your head. Hold for 20-30 seconds and repeat on the opposite side.

# Lying Calf Stretch



Lie flat with your back on the ground. Wrap a band, belt, old t-shirt or towel around the middle of your right foot. Keeping your leg straight in the air, pull hard on the band and bring your toe toward your shin. You should feel a stretch on the back side of your leg between your ankle and knee. Hold for 20-30 seconds and repeat on the opposite side.

# Inner Thigh Stretch



Lie flat on the ground and wrap a band, belt, old t-shirt or towel around the middle of your right foot. Keeping your back and buttocks against the floor and your right leg straight, stretch your right leg out to the side. Pull on the band for a deeper stretch. Hold for 20-30 seconds then repeat on the opposite side.



# Outer Thigh Stretch



Lie flat on the ground and wrap a band, belt, old t-shirt or towel around the middle of your right foot. Keeping your back against the floor and your leg straight, stretch your right leg across the left side of your body. Pull on the band for a deeper stretch. Hold for 20-30 seconds then repeat on the opposite side.



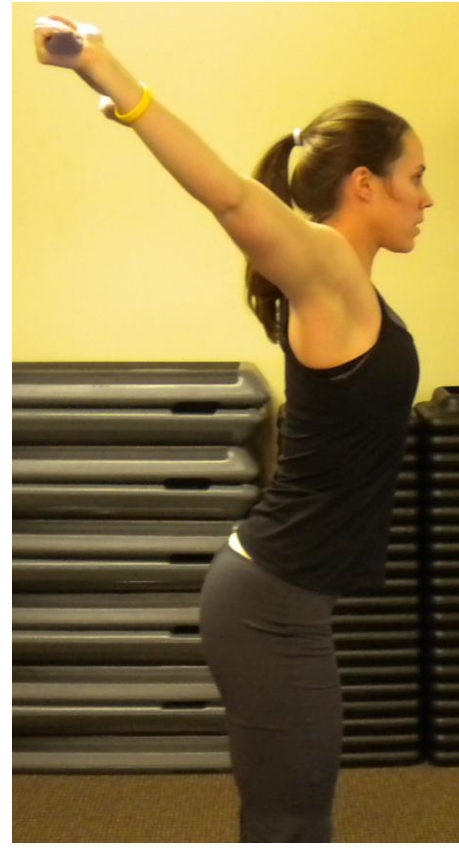
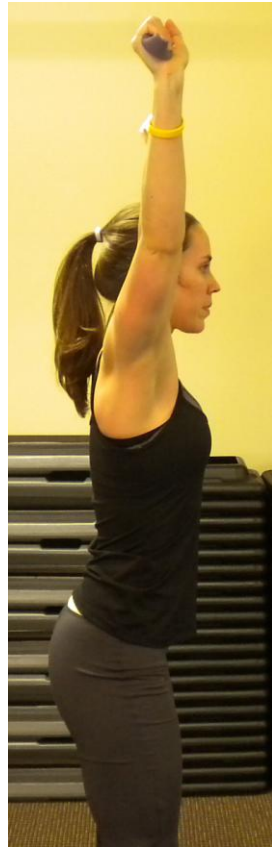
# Quad Stretch



Lie flat on your stomach and wrap a band, belt, old t-shirt or towel around the top of your right foot. Pull the band up and over your head for a deep quad stretch. Squeeze your right glute muscle and push your right hip into the ground as you pull strongly on the band. This helps stretch the hip flexor as well as the quad. Hold for 20-30 seconds then repeat on the opposite side.

**Modification:** Stand to perform stretch.

# Chest/Shoulder Stretch



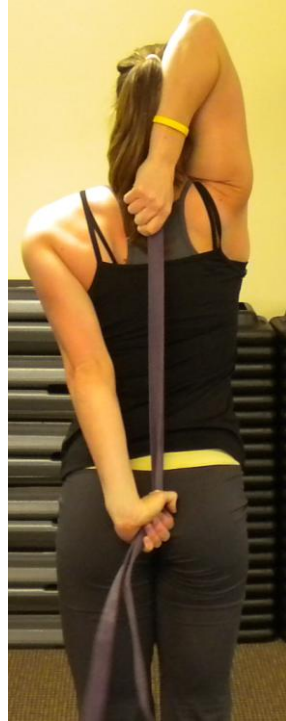
Hold the ends of a band, belt, old t-shirt or towel directly above your head. Keeping your arms straight, pull the band back behind your head with equal pressure out to the side. Hold for 20-30 seconds.

# Side Stretch

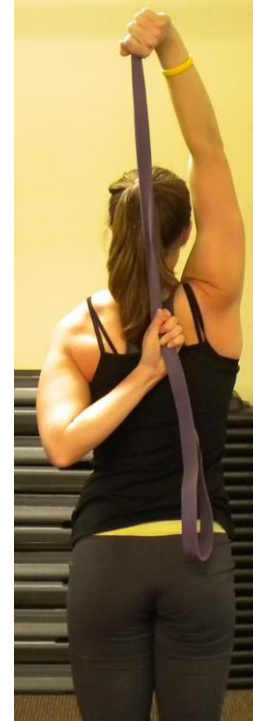


Hold the ends of a band, belt, old t-shirt or towel directly above your head. Keeping your arms straight, extend your right arm over your head and your left arm down to your side. Hold with equal pressure for 20-30 seconds then repeat on the opposite side.

# Tricep/Shoulder Stretch



TRICEP



**SHOULDER**

Hold the end of a band, belt, old t-shirt or towel directly above your head. Extend your right arm up and behind your head. Grab the hanging end of the band with your left hand and pull. Hold for 20-30 seconds.

**Extend your right arm straight above your head while holding the band and hold for 20-30 seconds.** Repeat each stretch on the opposite side.

# Glute/Lower Back Stretch



Lie on the ground flat on your back. Rest your right leg on top of your left thigh. Wrap both hands around your left knee and pull your leg up to your chest. Hold the stretch for 20-30 seconds and repeat on the opposite side.



# Butterfly/Inner Thigh Stretch



Sit on the floor. Bend both knees and bring the soles of your feet together (so that your knees point to the sides). Slowly slide your heels as close to your body as is possible without discomfort. Sitting evenly on your sitting bones and, keeping your back straight, take hold of your ankles, or wrap your hands around your feet. Lean forward slowly and press your knees down to the floor, until you feel a light stretch in your inner thighs. Maintain this position for a few breaths (20 to 30 seconds), or until the tension relaxes. Don't bounce your legs, as this can damage the hips and groin. Release and let your legs return to the starting position.

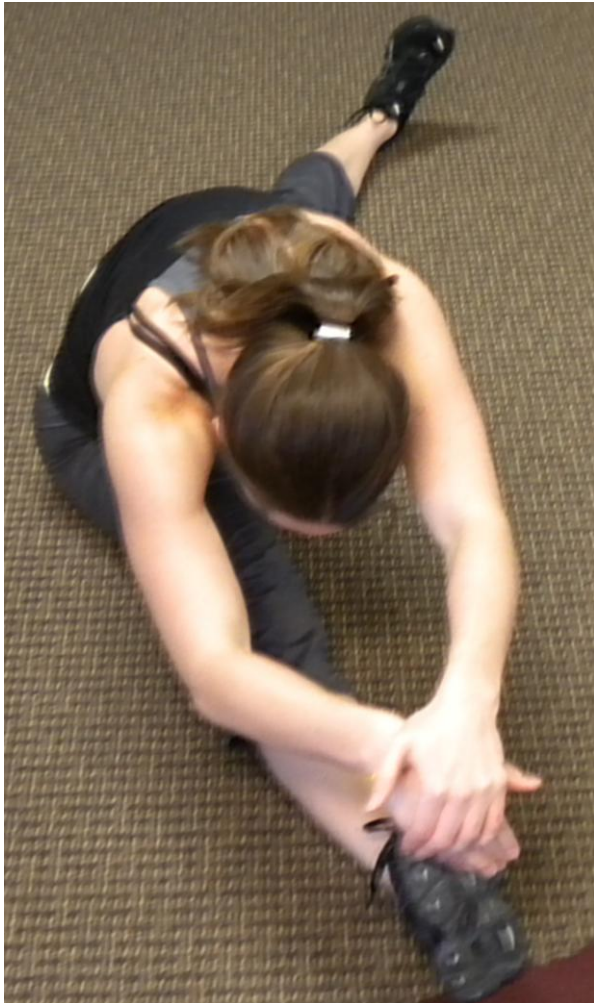
# V-Sit w/Side Bend



Sit on the floor with your legs straight out in front of your body. Now, spread your legs out to the sides as far as is comfortable to you. Put your left arm straight above your head while your right arm stays on the ground. Lean your left arm over your head and reach for your right foot. Breathe and hold for at least 20 seconds. Then sit up back to center and do the other side.

**Modification:** Sit in a chair and perform the same side bend movement.

# V-Sit w/Hamstring Stretch



Sit on the floor with your legs straight out in front of your body. Now, spread your legs out to the sides as far as is comfortable to you. Put both hands together and reach for your right foot. Breathe and hold for at least 20-30 seconds. Then sit up back to center and do the other side.

**Modification:** Sit in a chair and with your leg straight in front of you, reach with both hands toward your right foot. Then perform the same on the other side.



## Figure 4 w/Hip Flexor Stretch



Start in the same position as the “Butterfly Stretch” (figure on left), then take your left leg and straighten it back behind you, with the front of your thigh and toe facing the ground. You may support yourself on your hands or elbows but you should lean forward as much as possible. You will feel a stretch in your right buttocks as well as the front side of your left leg. Hold for 20-30 seconds and then switch to the other side.



# Figure 4 w/Quad & Hip Flexor Stretch



Start in the same position as the “Figure 4 w/Hip Flexor Stretch” (figure on left), then take your left leg and bend it up so you are able to grab it with your left hand. You may support yourself on your right hand and then sit up as straight as possible. You will feel a stretch in your right buttocks as well as the front side of your left leg with an additional emphasis on the Hip Flexor (front of hip) and Quadriceps (front of thigh).

Hold for 20-30 seconds and then switch to the other side.

# Foam Rolling

The following exercises are Foam Rolling exercises and this technique is often referred to as 'self-myofascial release' or SMR.

If you come across a point or points in the muscles that are particularly uncomfortable you know that this is an area that needs to be worked. By rolling over these tight 'trigger points' with your body weight you squeeze the muscles, essentially stretching them out, which produces a relaxation in the muscles.

The deep tissue massage from the direct pressure of rolling over these trigger points also aids in the breakdown of fibrous scar tissue that can build up in injured or tight muscles. Breaking down this scar tissue will increase the flexibility. The deep massage may also result in a localized increase in blood flow that will help to flush excess metabolites and toxins from the area.

Using the foam roll to massage the tight areas of a muscle prior to doing your static stretches significantly increases the benefit of those stretches. This is because stretching a muscle that has tight trigger points largely stretches the healthy muscles tissues that do not need to be stretched. By working out these trigger points, or 'knots', first, you can then more effectively stretch them with your traditional stretching exercises.

Don't be surprised if you find differing amounts of trigger points on one side of the body relative to the other, or differing amounts of discomfort when rolling over the same point in a muscle but on the opposite side. This is indicative of muscle imbalances. We all have muscle imbalances to some degree. Regularly massaging out these trigger points with your foam roller will bring you closer to restoring the optimal balance in your muscles.

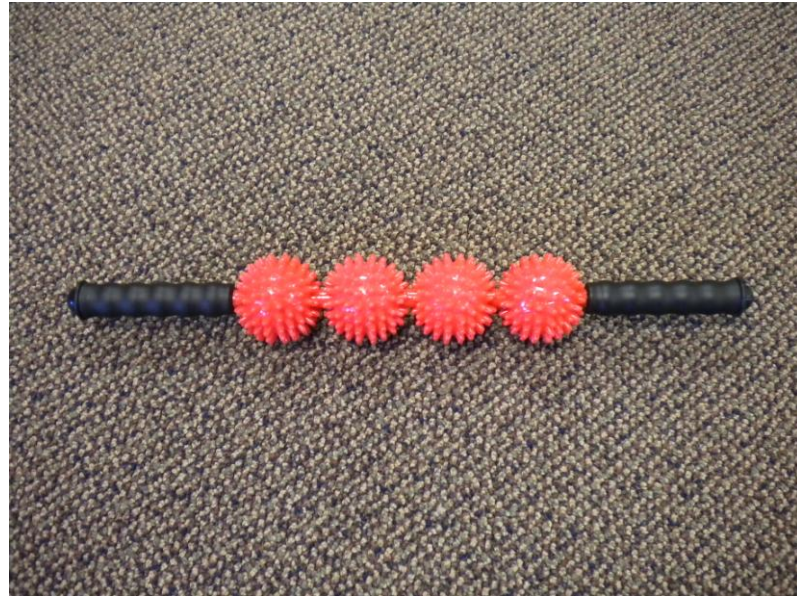
Foam Rolling is **BEST** used AFTER your workouts and BEFORE your static stretching!

# Foam Rollers

Available



**Large Version**



**Hand Held Version**



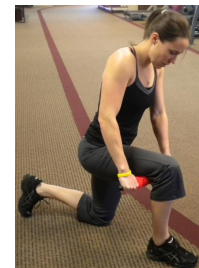
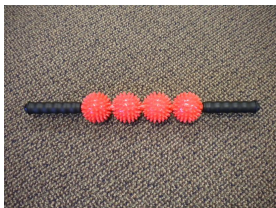
# Calf Foam Roll



Position the roller under the ankle. Using your hands for support, lift yourself off the ground and slowly roll from the ankle up to the knee and then back down to the ankle pausing on any tight or sore spots. Roll with your feet turned in and out. Keep toes flexed and pointed to work the entire muscle group. Increase or decrease pressure by using one or both legs at a time, or placing one leg on the other for even more pressure.

Roll over and back 10 times!

**Modification:** Use the “Hand Held Version”  
Roll from the knee down to the ankle.



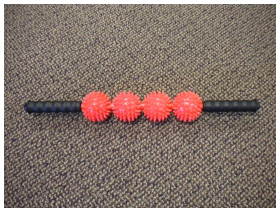


# IT Band Foam Roll

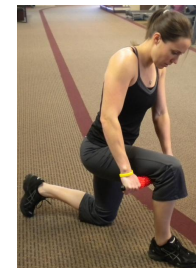


Lie on the roller on your side, with the roller positioned just below the hip. Bend your top leg in front of you to unload some of your body weight and provide better balance.

If you want a lot of pressure, place your top leg on top of your bottom leg. Use your hands for support and roll from the hip down to your knee, pausing on any tight or sore spots. Roll with your feet turned in and out. Roll over and back 10 times! Repeat on the other side.



**Modification:** Use the “Hand Held Version”  
Roll on outside of thigh while in the lunge

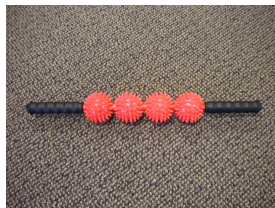


# Quad Foam Roll

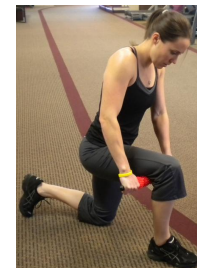


Lay on top of the roller using your hands or elbows to support yourself and work the front of the thigh from the hip down to the knee, pausing on any tight or sore spots. You can perform this exercise with one or both legs on the roller, depending upon how much pressure you can handle or desire. If you want less pressure, keep one leg off the roller and use the foot to support some of your body weight. Roll over and back 10 times!

Repeat on the other side.



**Modification:** Use the “Hand Held Version”  
Roll on top of thigh while in the lunge



# Glute/Piriformis Foam Roll



Sit on top of the foam roller. Place your hands behind you on the ground and bend both knees in close with your feet flat on the ground. Let your right knee fall out to the side and lift, placing your right ankle on top of your left thigh. Lean slightly to the buttocks of the crossed leg (right) and roll over and back 10 times! Stop and pause on any tight or sore spots. Repeat on the other side.



# Hamstring Foam Roll

Use “Hand Held Version”



Kneel down in a lunge position with your right leg forward. Place the “Hand Held Version” Foam Roller under your thigh closest to your knee. Pull UP on the roller to apply pressure and slowly roll BACK on your hamstring toward your buttocks. Change the roller side to side to work the entire muscle. Stop and pause on any tight or sore spots. Roll forward and back 10 times! Repeat on the other side.



## Modification:

Use the “Large Version” roller.



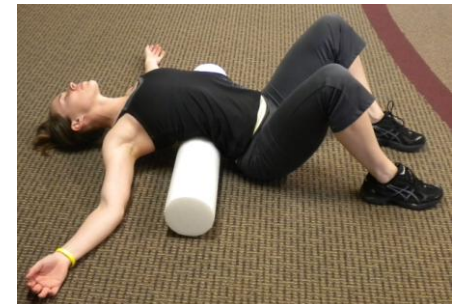


# Upper Back/Erector Spinae/ Latissimus Dorsi Foam Roll



Position the foam roller beneath your right shoulder blade. Support yourself with your outstretched arm and keep your knees bent and feet flat on the floor. Use your feet to control your motion and pressure and start moving the foam roller **DOWN** your back, pausing at any tight or sore spots. Roll all the way down until the foam is just above your hips, or about equal to your belly button. Then slowly move back to the starting position. Roll down and back 10 times! Repeat on the other side.

**Modification:** Instead of doing one side at a time, place both shoulders on the foam roller with your hands behind your head. Move the roller from the starting position down to the mid-back and then return to the start. Pause at any tight or sore spots →



# Latissimus Dorsi/Triceps/Teres Major Foam Roll



Position the foam roller directly beneath your right shoulder (arm pit). Support yourself by keeping your left knee bent and foot flat on the floor. Use your left foot to control your motion and pressure. Push your left leg straight and move the foam roller UP & DOWN the small space surrounding your arm pit, pausing at any tight or sore spots.

Roll down and back 10 times! Repeat on the other side.

**Note:** This exercise can take some practice and experimentation to find exactly the right muscles. Take your time and go slow.

# Triceps Foam Roll



Lie on the ground on your right side. Bend your right arm and place your right elbow on top of the foam roller. Place your left hand on the ground to support yourself. Push your elbow down into the foam roller, lifting yourself up slightly, and roll from your elbow to your arm pit pausing at any tight or sore spots. Roll down and back 10 times!  
Repeat on the other side.

# Chest Foam Roll



Lie on the ground on your stomach with the foam roller out to the right side. Place your right arm along the foam roller. You want the edge of the foam roller to be directly between your shoulder and chest muscle. Lean heavily onto the foam roller and rock forward and back pausing at any tight or sore spots. Roll forward and back 10 times!  
Repeat on the other side.