



# Safe Stretching

Your muscles should always be warmed up before you stretch. After a workout is a great time to stretch because your muscles are warm and very flexible.

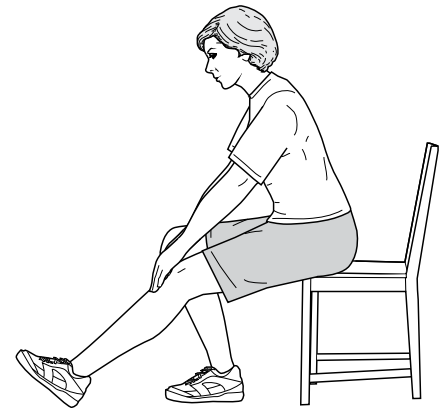
**Hold each stretch for 10 to 30 seconds. Do NOT bounce.** You should feel the stretch in the muscle, not the joint. **Do 3 to 5 repetitions of each stretch** to improve your flexibility.

## Hamstring stretch

Choose one hamstring stretch. Do NOT curve your back while stretching. Think of your hip as having a knob that is twisting forward.

### ❑ Seated: chair

1. Sit on edge of chair.
2. Position the heel of one leg on floor with leg straight.
3. Reach toward toes or bring torso toward leg.
4. Hold the stretch.
5. Repeat with the other leg.



### ❑ Seated: floor

1. Sit on floor or mat with your back straight and your leg out straight in front of you.
2. Reach your hand down towards your foot and lean forward to feel a stretch in the back of your upper leg.
3. Hold the stretch.
4. Repeat with the other leg.



### ❑ Standing: one leg

1. Place your foot on a chair or bench.
2. Bend forward at the hip toward your foot.
3. Hold stretch.
4. Repeat with the other leg.



## Quadriceps stretch

Choose one exercise.

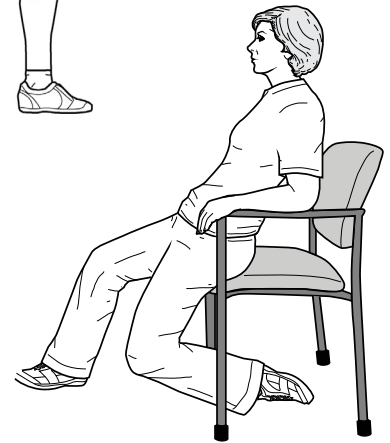
### □ Standing

1. Stand using a wall or chair for balance.
2. Grasp an ankle or forefoot behind you.
3. Pull the ankle or forefoot to your buttocks.
4. Press your hip forward while keeping your knees together.
5. Hold the stretch.
6. Repeat with the other side.
7. You can also do this exercise lying on your side.



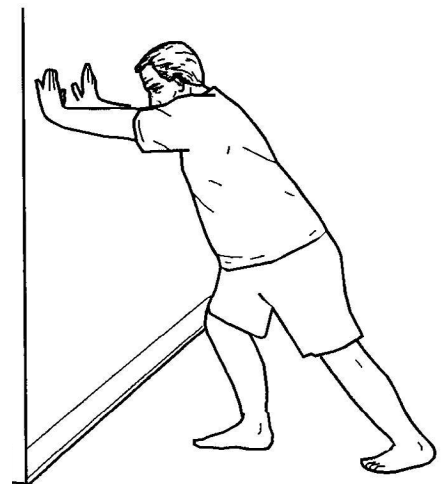
### □ Seated

1. Sit in a chair.
2. Bring your foot back under the chair, so the top of the foot is on the floor.
3. Keep your lower back straight and lean back.
4. Feel the stretch in the front of the upper leg.
5. Repeat with the other leg.



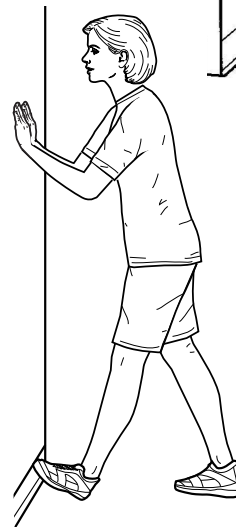
## Calf stretch

1. Place both hands on wall with arms straight.
2. Lean into wall with the front leg bent and the other leg straight.
3. Push back heel to the floor and move hips slightly forward.
4. Hold the stretch.
5. Repeat with the other leg.



## Achilles tendon stretch

1. Face a wall with both of your knees slightly bent.
2. Place the fore foot on wall with your heel on the floor.
3. Straighten your knees and lean your body toward the wall.
4. Hold the stretch.
5. Repeat with the other leg.



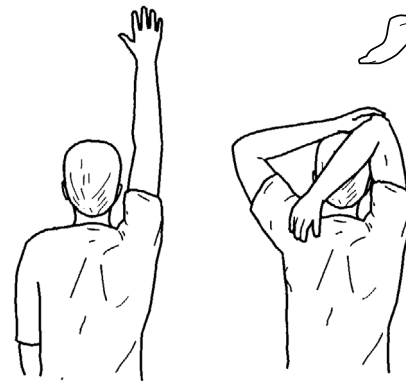
## Shin stretch

1. Cross your left leg over your right leg at the shin.
2. Place your left foot so the toes are pointing toward the floor.
3. Bend your right knee until you feel a stretch in your left shin.
4. Hold the stretch.
5. Repeat with the other leg.



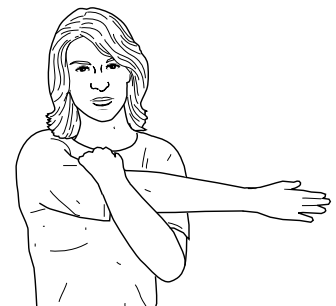
## Triceps stretch

1. Reach one arm overhead then bend elbow reaching toward shoulder.
2. Grasp elbow overhead with other hand.
3. Pull elbow back and toward head. Hold stretch.
4. Repeat with opposite arm.



## Shoulder stretch

1. Extend your right arm across your chest.
2. Place the left wrist of the other arm behind your arm and pull your right arm toward your body, feeling a stretch in the shoulder.
3. Repeat with the left arm.



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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, go to [patienteducation.osumc.edu](http://patienteducation.osumc.edu) or contact the Library for Health Information at 614-293-3707 or [health-info@osu.edu](mailto:health-info@osu.edu).