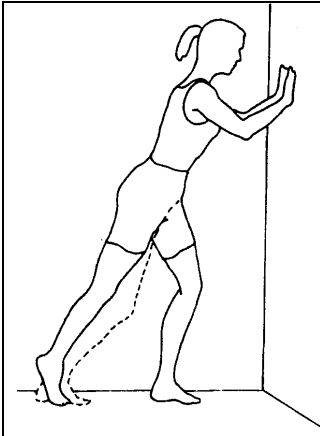




Stretching for Injury Prevention

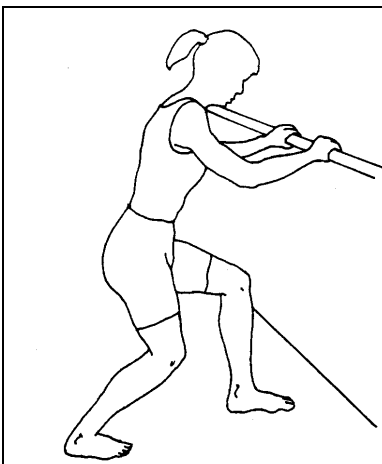
The benefit of stretching is to improve flexibility and maintain range of motion.



Calf

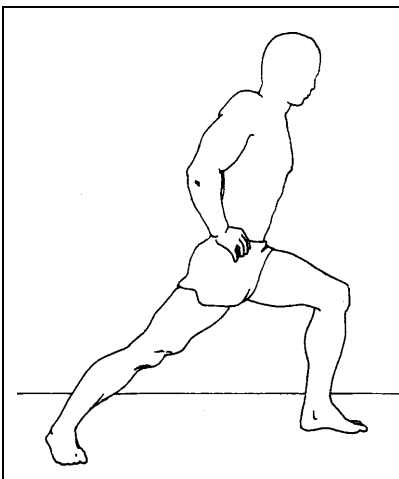
Stand in a long lunge position with the front knee bent. Make sure the front knee does not extend past the ankle.

Place hands on front of thigh and press forward and keep the back leg straight. Press the rear heel down.



Soleus

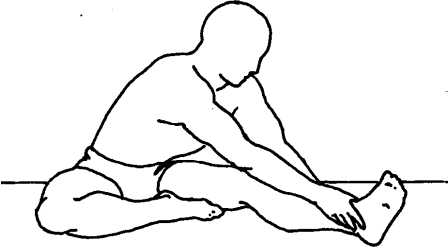
Stand with one foot forward and one back (a short lunge position). Bend both knees and “sit” your hips down into the back heel. The majority of your body weight should be on the back leg. Keep the heel to the floor. Note: the soleus stretch may also be performed by placing both hands against a wall for balance.

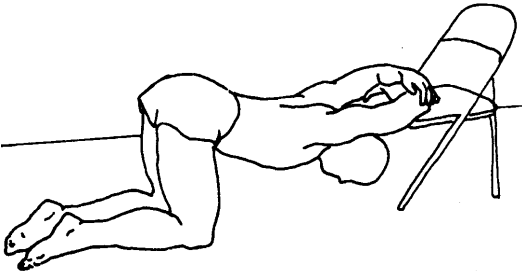



Hip Flexor

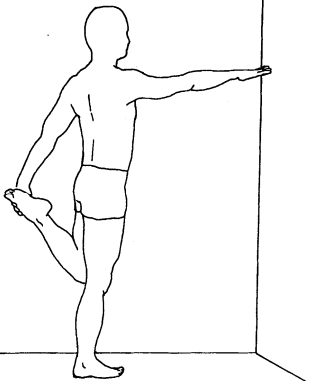
Stand with feet in lunge position with the front knee slightly bent. Push up on the rear toe. Press the hips forward while tightening the buttocks until a stretch is felt in the front hip. The upper torso should remain upright and centered directly over the hips.



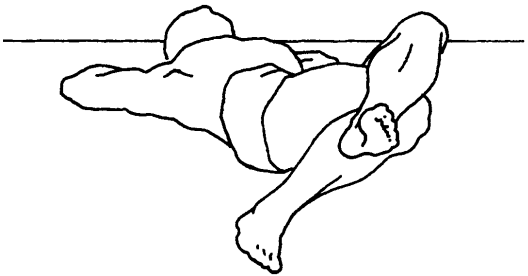
	<p><u>Hamstrings</u></p> <p>While seated, extended right leg fully and bend left leg placing the inside of the foot along the right calf. Keeping the back straight, bring the chest toward the knee. Reach with both hands towards the toes. Place hands on the floor along side of the legs or hold toes.</p>
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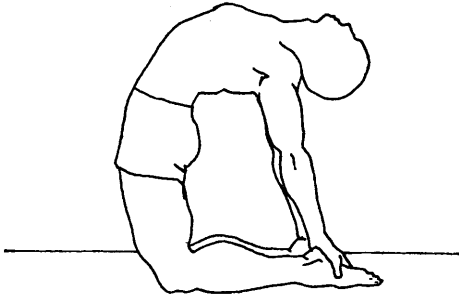
	<p><u>Pecs/Biceps</u></p> <p>Kneel on the floor facing a chair. Interlock your forearms above your head and bend forward to rest them on the top of the chair with your head dropping beneath the surface. Exhale, and let your head and chest sink to the floor.</p>
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	<p><u>Triceps (Latissimus Dorsi)</u></p> <p>Sit or stand with one arm behind your lower back and as far up on your back as possible. Lift your other arm overhead while holding a folded blanket or towel and flex your elbow. Grasp the blanket or towel with your lower hand and inhale as you pull your hands toward each other.</p>
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	<p><u>Quadriceps</u></p> <p>While standing, grab the foot or ankle and lift it up behind the body. Press the foot into the hand while pressing the hips slightly forward. The lower leg and foot should be directly behind the upper leg with no twisting inward or outward. The foot should not rest on the buttocks.</p>
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	<p><u>Hips/ IT Band</u></p> <p>Lie on your back, knees flexed, and hands interlocked under your head. Lift your left leg and hook it over your right leg. Exhale, and use your left leg to force the inside of your right leg to the floor, keeping your elbows, head, and shoulders flat on the floor.</p>
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	<p><u>Lower back</u></p> <p>Kneel on the floor with your legs slightly apart and parallel and your toes pointing backward. Place your palms on your upper hips, arch your back, contract your buttocks, and push your hips forward. Exhale, continue to arch your back, drop your head backward, and gradually slide your hands onto your heels.</p>
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