Clearwater Valley Health

STRETCHING PROGRAM

Brought to you by the Physical Therapy Team at Clearwater Valley Health

CALF stretch



Calf Stretch

- Position your toes pointed up on metal bar.
- Pull hips forward toward bar keeping them square.
- You should feel stretch in back of lower leg in gastrocnemius or calf muscle.
- Hold 30 sec, repeat 2 x both sides.

PECTORALIS stretch



Pectoralis Stretch

- Stretch arms out to have one hand on each side of the upright bar.
- One foot forward to take weight off of your arms.
- Bend front knee to bring chest forward. You should feel a stretch in your chest muscles.
- Hold 30 sec, repeat x 2.

QUADRICEP stretch



Quadricep Stretch

- Hold on for balance.
- Grab foot with same side hand.
- Try to keep knees close together.
- Pull with hand and/or by pushing knee backward to intensify stretch.
- Hold 30 sec, repeat x 2 each side.

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HAMSTRING stretch



Hamstring Stretch

- Put straight leg up on a horizontal bar.
- Keep hips square facing the direction your foot is going.
- Hinge at the hips bringing your belly button toward your thigh to stretch the back of the leg that is up.
- Hold 30 sec x 2 each side.

SUPPORTED back extensions



Supported Back Extensions

- Stand facing away from the parallel bars with your feet about hip-width apart.
- Slowly lean your upper body backward, opening through your chest and gently extending your back.
- Keep your hips and legs steady and use your arms to help control the movement if needed
- Go only as far as feels comfortable—there should be a gentle stretch, not pain.
- Hold for a few seconds, then slowly return to an upright position.
- Perform 10-15 repetitions

BICEP stretch



Bicep Stretch

- Stand sideways next to a wall, with your right shoulder close to the surface.
- Extend your right arm straight out to the side at shoulder height.
- Place your palm on the bar with your thumb pointing down.
- Keep your arm straight and gently twist your torso away from the bar until you feel a comfortable stretch in the front of your arm and shoulder.
- Keep your shoulder relaxed and avoid forcing the stretch.
- Hold the position for 20 to 30 seconds, then switch sides; Repeat 2x both sides

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HIP AND LOW BACK rotation stretch



Hip and Low Back Rotation Stretch

- Place one leg comfortably on the low bar; Keep your raised leg and foot still throughout the exercise.
- Gently rotate your hips and lower back toward the raised leg.
- Move only as far as feels comfortable, aiming for a gentle stretch around your hip and lower back.
- Can use your arm on your thigh for additional overpressure
- Keep the movement slow and controlled —do not force or bounce.
- Hold for 15-30 seconds repeat 2x both sides

HIP FLEXOR stretch



Step Forward Hip Flexor Stretch

- Stand within the parallel bar and hold on with both hands for support.
- Step one foot forward, keeping the other foot behind you.
- Keep your chest upright and your back leg straight or slightly bent.
- Gently shift your hips forward until you feel a comfortable stretch along the front of the hip and thigh of your back leg.
- Keep the movement gentle and avoid leaning or pushing into pain.
- Hold for 15–30 seconds while breathing normally.
- Slowly return to the starting position and switch sides x2 each