

NEXT: OSTEO & REHAB

30 DAY STRETCH CHALLENGE



1ST JUNE - 30TH JUNE 2019

A free challenge for people
wanting to improve their flexibility
and reduce their pain and
stiffness.



@NExTOsteoRehab



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THANKS FOR GETTING INVOLVED

Thank-you for your interest in our 30 day stretching challenge for June 2019!

At NExT: Osteo & Rehab, we want to be able to **Inspire you to Better Health**, and we feel there is no better way to do this than to give you advice/guidance on how to take the management of your health into your own hands.

After a few meetings (and alot of coffee), we decided to create this stretch challenge and e-book as the first step into our long term goals of offering you a wider range of health services. We are hoping to create more "challenges" in the future where we can focus on providing you with education on how to exercise different body parts, and to incorporate better health choices in your day to day life.

We are also arranging to run regular stretching and foam rolling classes in the future so that you are able to get one on one advice from us on. So please keep an eye out in clinic and on social media for more information about this!

*Note: All the photos and stretching descriptions in this e-book are from the website Physitrack (www.physitrack.com)

THE IMPORTANCE OF STRETCHING

WHY SHOULD WE DO IT?

Stretching is a part of exercising that people often neglect. Whether we're a seasoned athlete or a sedentary person, almost everyone has been guilty of ignoring stretching at some point.

Despite this, our bodies are often leading us to stretch without us even realising. First thing in the morning when we're getting out of bed, we generally instinctively go to stretch. And why shouldn't we?

Stretching regularly has been shown to help strengthen and improve muscle balance and flexibility. The better our flexibility, the healthier our joints are as we age. On top of this, improved flexibility and muscle balance can improve your overall performance of day to day activities, your athletic performance, as well as reduce your risk of injury. Other benefits include

- Decreased stress
- Reduced pain and stiffness
- Improved blood flow and circulation

Ideally, we should be stretching all major muscle groups **daily** for a minimum of 1 minute, while adding extra stretches to target the areas we are feeling particularly tight, sore and stiff, equating to about 15 minutes of stretching a day.

However, we understand that this amount of stretching isn't easy to get into straight away, which is why we have decided to make this challenge, to help people develop better stretching habits!

WHAT DOES THE CHALLENGE INVOLVE?

We understand it can be difficult to jump right into 15 minutes of stretching a day, which is why our challenge only requires you to stretch for about 1 – 2 minutes every day.

The challenge is simple. Perform the “stretch of the day” for 1 minute on each side. Nothing less, and nothing more (unless you really want to do more, in which case, go for it!) It’s really that easy. But make sure you are not holding a stretch for longer than 90 seconds!

Throughout the rest of this e-book, you’ll find a picture and a description on what each stretch of the day is, which areas it stretches, and how to perform it.

If you find that the stretch we’ve selected is too difficult or too easy, don’t worry. Just repeat a different day’s stretch or include a stretch of your own. We will also be uploading posts and videos on our social media on ways you can make things more difficult or easier as needed. The important thing is that you try your best to stretch every day!

A FEW IMPORTANT NOTES

1. It is advised that you consult with a doctor or health professional before commencing any new exercise program, especially if you have a history of complex health issues or injuries.
2. While stretching is important for people of all skill levels and ages, there will almost always be a spot on our bodies that is painful or extremely difficult to stretch. You should only stretch to a point of slight discomfort. If for any reason you begin to experience pain, stop the stretch immediately.
3. It is important to focus on our breathing while performing a stretch, ideally breathing deep into our diaphragm. A great way of practising diaphragmatic breathing is to place a hand on your chest, and the other on your stomach. As you breathe in, aim to bring the breath deep into your stomach so that the hand on your stomach is rising, and not the one on your chest.

30 DAY STRETCH CHALLENGE

HOLD THE STRETCH FOR 1 MINUTE EACH SIDE!

SAT

SUN

MON

TUE

WED

THURS

FRI



1ST JUNE - 30TH JUNE

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Posterior Deltoid Stretch

Bring your arm across the front of your chest. Place your other hand above the elbow and apply a gentle pressure, pulling your arm towards your chest. Hold this position whilst you feel the stretch across the top and back of the shoulder.

Stretches: shoulder/back of upper arm



Upper Trapezius Stretch

Start in a seated position. Take your hand and place it on the opposite side of your head. Tilt your ear directly down towards your shoulder and hold this position. You should feel a stretch down the side of your neck.

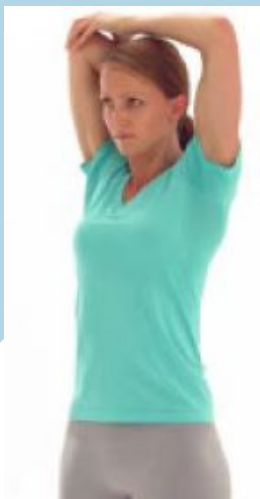
Stretches: side of neck



Pectoralis Stretch

Stand sideways to a door frame, one arms length away. Hold the frame around chest height and take a small step forward on the leg closest to the wall. Keeping your chest up, rotate your body away from the wall until you feel a stretch across your chest and upper arm. Hold this position.

Stretches: chest and upper arm



Triceps Stretch

Put one hand in the air, and then lower it behind your head between your shoulder blades. With your other hand, pull your elbow in towards your head. You should feel this stretch down the back of your upper arm. Hold this position.

Stretches: back of upper arm



Wrist Flexion Stretch

Raise your arm out in front of you with your palm facing down. Keep your fingers relaxed. Use your other hand to push your hand downwards, stretching the back of your wrist/forearm. Hold this position.

Stretches: back of forearm



Wrist Extension Stretch

Raise your arm in front of you with your palm facing down. Keep your fingers relaxed. Use your other hand to lift your hand up, stretching the front of your wrist/forearm. Hold this position.

Stretches: front of forearm



Chest Stretch

Lock your hands together behind your back and push your hands backwards, whilst pushing your chest forwards. Roll your shoulders back and down as you feel the stretch over the front of your chest and shoulders.

Stretches: chest and shoulders



Adductor Standing Stretch

Stand with your feet a large stride apart and toes pointing forwards. Lean to one side and bend this knee, resting your hands on your knee for stability. Keep your heels flat on the floor and the other leg straight as you feel this stretch through the inner thigh.

Stretches: inner thigh



Gluteal Stretch in Lying

Lie on your back and bend both knees up, keeping your feet on the floor. Cross your affected leg over the other leg, so that the outside of your ankle is resting on the good knee. Pull your good leg in towards your chest. Use your hands to pull the leg further in towards you. You should feel the stretch in buttock.

Stretches: glutes/buttock



Hamstring stretch up the wall

Lie on your back with your feet facing a wall. Place your legs on the wall. Move your body towards the wall, using your arms to assist. Try and straighten your legs up the wall. When you feel a stretch down the back of your legs, hold this position. It may become easier, so move yourself further into the wall.

Stretches: back of legs



Quadriceps Stretch

Start in a standing position. Use a desk for support, and raise one leg behind you grabbing hold of your ankle, or your lower leg. Lift your leg as high as possible and try to keep your knee bent at a right angle. Hold for a few seconds, and then repeat for the other leg.

Stretches: front of bent leg



Hamstring Stretch long sitting

Sit upright on a bed or couch. Place the leg to be stretched straight out on the bed. Keep the other leg down and the foot on the floor. Keeping your back straight, lean forwards until you feel the stretch in the back of the leg. Hold this position.

Stretches: back of leg



Psoas Stretch

Kneel down on one knee. Ensure your rear knee is directly under your hip and your front knee is in line with your front heel. Now tuck your bottom under, opening out through the front of the hip you are kneeling on. Maintain the position for 30-60 seconds.

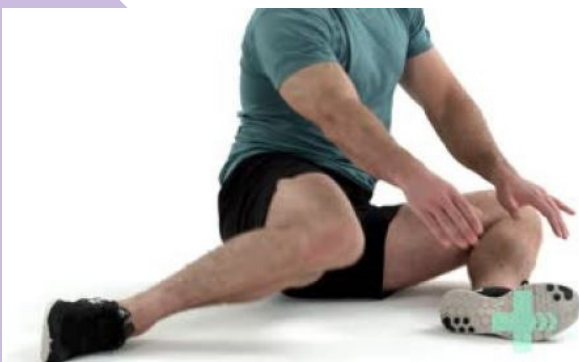
Stretches: front of hip



Calf Stretch

Stand facing a wall, a pole or other support. Place both hands on the wall at chest level. Put one foot behind you and keep that foot flat on the floor. Bend your other knee and lean in towards the wall. Repeat on the opposite side.

Stretches: calves

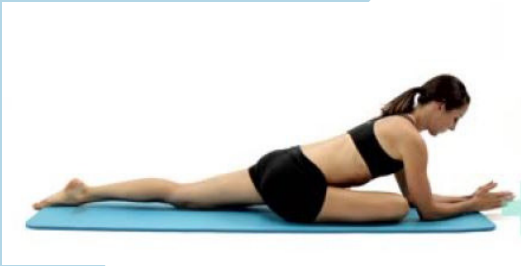


90/90 Stretch

Adopt a sitting position with your back straight, legs out wide and knees bent. Drop both knees to one side under control until you are in 90/90 position. Return to the start position and repeat on the opposite side.

Stretches:

Pigeon Stretch



Start on your hands and knees. Cross the symptomatic leg underneath you, then lower your hips down to the ground. Rest your body forwards on your arms. You should feel a stretch across the buttock

Stretches: glutes/buttocks



Thoracic Rotation Stretch seated

Sit upright in a chair. Rotate your body around to one side, then rotate around to the other side. You can hold onto the back of the chair to increase the stretch.

Stretches: upper back



Thoracic Side Flexion

Sit up straight in a chair and lift your hands to touch the side of your head, just behind your ears. Keeping your posture directly upright, move your elbows out to the sides. Keeping your arms there, lean your upper body to one side, and then round to the other. You should feel the movement in your sides and upper back.

Stretches: side and upper back

Thoracic Extension with Towel



Roll up a towel and place it on the floor. Lie on your back, with the towel running length ways down your upper spine. Allow your arms to lie out to the side and relax in this position. Lie here for the stated duration of time. You can vary the size of the rolled towel to change the intensity of the stretch.

Stretches: upper back

Child Pose



Get onto your hands and knees, and drop your buttocks back onto your heels. Stretch your hands forwards, dropping your head between your shoulders towards the floor. You will feel this stretch through your back and upper arms.

Stretches: back and upper arms

Knee to Chest Stretch



Lie on your back with both legs straight. Bring one knee in towards your chest, using your arms on your shin to help with the movement. At the point where you feel a stretch, hold this position.

Stretches:



Rhomboids and Middle Trap Stretch

Clasp your hands together and hold them in front of your body. Push your arms as far forward as you can whilst rounding your shoulder blades. Gently drop your chin down to your chest. Hold this position while you feel a stretch between your shoulder blades.

Stretches: upper back/shoulder blades



Standing overhead lat stretch

Stand with your arms up over your head, keeping them close to your ears. Hold your hands together as you pull your shoulder blades down and back. Holding this position, lean to one side, feeling the stretch down the other side of your torso.

Stretches: side of the body



Thread the Needle

Start on your hands and knees, with your hands under your shoulders and knees under your hips. Take one hand off the floor and reach in and through between your other arm and your legs. You should feel a stretch down your side, your shoulder blade and neck. Hold briefly, and then return to the starting position. Repeat on the other side.

Stretches: shoulder blade and neck

Thoracic Rotation Stretch



Lie on your side with the bottom leg straight and the top leg bent. You can rest your top leg onto a folded towel. Stretch both arms out in front of you as far as you can. Keep your bottom arm on the floor as you reach the top up and back, allowing your body to rotate with the movement. You will feel this stretch through your upper back.

Stretches: upper back

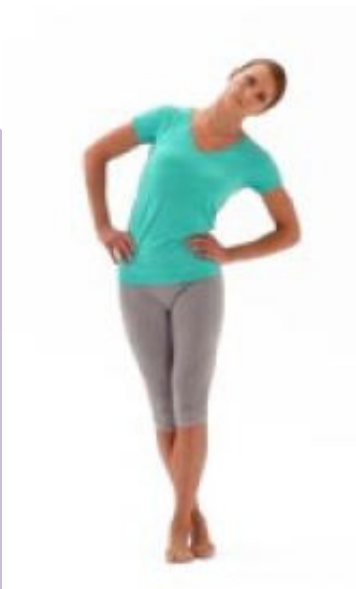
Sphinx Stretch



Lie down on your tummy and place your hands under your shoulders. Lift your chest up off the floor by push down through your hands, arching your lower back. Tighten your buttock muscles so that your hips stay on the floor.

Stretches: lower back

ITB Stretch



Stand with your hands on your hips and cross your affected leg behind the other. Keeping your body straight, lean towards the same side as the front leg, whilst pushing your hips in the opposite direction. You will feel this stretch the outside of the thigh. Hold this position.

Stretches: outside of upper leg

Butterfly Stretch



Sit down on the mat with the soles of your feet together, and drop your knees out to the side. Press your knees towards the floor with your elbows, increasing the stretch in your inner thigh.

Stretches: inner thigh

Side lying ITB Stretch



Lie on your side near the edge of your bed, with the affected leg on top and fully straightened. The bottom leg can be bent for balance. Keeping it straight, bring the top leg back behind you and let the leg fall down. You should feel a stretch down the side of your hip and thigh. Hold this position.

Stretches: outside of upper leg

Shoulder Capsule Stretch



Bring your arm across the front of your chest. Place your other hand above the elbow and apply a gentle pressure upwards to lift your arm so it points diagonally up and across. Pull your arm towards you using your other arm. Hold this position whilst you feel the stretch across the back of your shoulder.

Stretches: back of shoulder

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