

Stretching

Morden Services for Seniors is bringing you at home stretches and exercises put together to help you during this time of isolation. You need any assistance please reach out to us at 204-822-5663 and we will connect you with the creator of these workouts: Phoenix McElroy-Scott, Kinesiologist!

Notes: Hold each stretch for 30-45 seconds and repeating 2-4 times. Stop if experiencing pain

1. Active Cervical Side Bending



- Stand or sit tall
 - Without turning the head, slowly tilt your head sideways to bring your ear to your shoulder
 - Return to the neutral position and repeat
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2. Levator Scapulae Stretch



- You can do this stretch seated or standing
 - Keeping the shoulder down on the side that you are stretching, look down and towards the opposite hip, until you feel a comfortable stretch in the back of your neck
 - You can use your opposite arm to pull your head down into a deeper stretch
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3. Interior Cuff Stretch



- Stand straight up and bring one arm overhead with your elbow bent and your hand behind your back
 - Use the opposite arm to lightly pull on your elbow to accentuate the stretch
 - Hold the position when you feel a comfortable stretch under your arm
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4. Posterior Cuff Stretch



- Stand straight and bring one arm in front of your body at shoulder height
- Use the opposite arm to lightly push on your elbow to accentuate the stretch
- Hold the position when you feel a comfortable stretch behind the shoulder
- Do not rotate trunk

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5. Lateral Muscles Stretch



- Sit up straight in a chair and look directly ahead of you
- Lift one arm up and above your head and slowly bend sideways while reaching down with the opposite hand, until you feel a stretch at the side of your trunk
- Relax
- When you bend your trunk sideways, do not twist or lean forward. Keep your body straight and facing forward

6. Seated Hamstring Stretch



- Sit on the edge of a sturdy chair and extend one leg straight out in front of you and the other knee bent
- Stick your hips back while keeping your back straight, as you bend forward to feel a stretch behind your straight leg

7. Hip Flexors Stretch On Chair



- Sit on the edge of a chair and extend one leg back, keeping one cheek on the seat
- Keep your back neutral
- You should feel a comfortable stretch on the front of your hip

8. Glutes Stretching, Figure 4



- Sit on a chair having one foot over the opposite knee in a figure 4 position
- Push on your knee to open the leg and straighten your back while you move your upper body forward until you feel a comfortable stretch in your buttock



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9. Seated Cat and Camel



- Sit up nice and tall in your chair with your back away from the backrest and place your hands on your knees
- Bring your chin down to your chest and slowly round out your back until you feel a gentle pull in your back
- Hold for 5 seconds, then slowly arch your back until you feel a gentle pull in your stomach or until you feel a slight tension in your lower back. Hold for 5 seconds
- Alternate between these two positions for 1 minute

10. Active Pelvic Tilt



- Sit on a chair with your thighs parallel to the ground, your feet flat on the floor and your back in a neutral position (slightly arched)
- Maintain a steady abdominal breathing while you tilt your hips posteriorly by rounding your lower back and anteriorly by arching your lower back.
- Alternate between these two motions, working through all the available range of motion

11. Psoas Stretch



- Lie on your back with your knees bent and your back in a neutral position (slightly arched)
- Lift one knee towards your chest as far as possible and hold it with your hands
- Activate your lower abdominals to keep your back flat against the floor while you slide the other leg away from you to straighten it until you feel a gentle stretch at the front of your hip
- Slowly return to initial position, repeat on other leg

12. Pectoralis Minor Stretch



- Stand beside a wall and place the forearm against the wall with elbow bent to 90 degrees
- Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the anterior aspect of the shoulder.
- Maintain position and relax