

Stretching

Exercises



1. Neck Flexion/Extension Stretch
(forward, then back)



2. Neck Lateral Flexion Stretch
(one side, then the other)



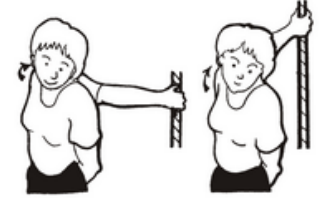
3. Latissimus Dorsi and Posterior Deltoid Stretch
(link hands, push elbows together)



4. Triceps Stretch
(pull elbow across and down)



5. Shoulder Rotator Stretch
(using towel, pull up with the top arm then down with the other)



6. Pectoral Stretch at 90° and 120°
(use a doorway or post)



7. Bicep Stretch
(hands apart)



8. Supraspinatus Stretch
(keep elbow parallel to ground)



9. Wrist Extensor Stretch
(tilt head to opposite side, keep elbow straight)



10. Thoracic Extension Stretch
(reach forward with arms, push chest towards floor, arch back down, backside behind knees)



11. Lateral Flexion Stretch
(one side, then the other, push pelvis across as you bend)



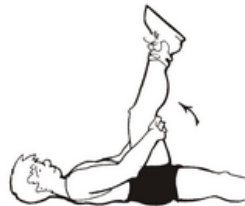
12. Lumbar Extension and Abdominal Stretch
(be gentle if sore)



13. Lumbar Flexion Stretch
(be gentle if sore)



14. Lumbar Rotation Stretch
(rotate legs one side, then the other side, draw in and brace stomach muscles at the same time, breathe)



15. Hamstring Stretch
(straighten leg)
i. with foot pointed
ii. with foot pulled back towards the knee



16. Hamstring Stretch
(commence with knee slightly bent, then push knee straight as tension allows, push chest towards foot)



17. Adductor Stretch
(push down with elbows on knees very gently, keep back straight)

MORNING HOMEWORK – this is the minimum and children can do more. Be Very Careful as doing wrongly can cause damage.

Parental supervision necessary. * ALL EXERCISES TO BE DONE AFTER 5 MINUTES OF RUNNING OR WALKING**

CLASS 1 and below = EXERCISE No 3 AND 13

CLASS 2 = EXERCISE No 3, 10 AND 13

CLASS 3 = EXERCISE No 3, 10, 13 AND 14

CLASS 4 And above = ALL EXERCISES

Alternative days initially, then daily.

Alternative days initially, then daily.

Alternative days initially, then daily.

Upper body on day1, Middle body on day2, Lower body on day3 – then repeat.