

# Stretch Lab



Questions? Contact \_\_\_\_\_  
 @fixsandiego.com



Major Muscles	Location	Function	Exercises
Trapezius	Neck and Shoulders	Holds head up all day	Drop ear to shoulder; Press chin to chest
* Rhomboids / Middle Trapezius	Upper Back	Posture; Pulls shoulders back	With hands clasped in front, round shoulders and reach forward
* Pectoralis Major	Chest	Pushing objects away from the body; Breathing; posture	Extend the arm to the side, hold on to a stationary object, then twist away from the object
Biceps	Front of the Upper Arm	Flexes elbow joint	Same as the chest
Triceps	Rear of the Upper Arm	Extends the elbow joint	Keep arm straight and pull across the front of the body
Latissimus Dorsi	Middle Back	Pulls arms back into the body; pulling motions; posture	Overhead reach Diagonal arm pull against resistance
Obliques	Sides, Waistline	Trunk rotation and twisting	Side Bend
Rectus Abdominis	Abdominals	Posture	Lie face down, support torso weight on elbows

## Some Common Stretching Injuries

Over stretching a muscle or joint capsule

Muscle pulls or tears

Muscle tears from ballistic stretching

Forceful or ballistic activities that over stretch a muscle, tendon or ligament

## Prevention Techniques

Only stretch to the point of tension, not pain.

Trying to stretch cold muscles. Always do about 5 minutes of light cardio activity to warm up the muscles and core temperature. Warm muscles stretch easier than cold muscles.

Never bounce when stretching. Hold stretches for a count of 10 or longer; the longer the better.

Always warm up before activity, especially those requiring full range of motion or ballistic movements (golf, tennis, bowling, etc.)

# Lower Body Stretches

Major Muscles	Location	Function	Exercises
* Lower Back	Lumbar Spine Low Back	Posture — sitting and standing; balance for abdominals	Standing — Pelvic tilt; supported forward flexion All Fours — Cat and Camel Lying — Pelvic tilt; Double knee to chest
* Hip Flexors	Front of the Hip	Lifts the legs toward the body	Lunge with pelvic tilt — standing or kneeling
Quadriceps	Front Thigh	Knee extension; walking, running	Pull heel to buttocks, do a pelvic tilt for more stretch Can be performed standing or side lying
* Hamstrings	Rear Thigh	Knee flexion; walking, running	Flexing the hips with the knees straight Lying — single leg to chest Standing — bring the chest closer to the thigh
Gastrocnemius	Calves	Points toes; walking, running	Lean against wall — keep knees straight, press heels into the floor Drop heels off the back of a step or stair
Tibialis Anterior	Shin	Pulls toes up; fast walking	Drag the top of the foot along the floor; try to put the shoe laces on the ground

## Your Exercise Program prescription for Stretching

**Frequency** — *Optimal* — Everyday; *Minimal* — before and after every exercise session.

**Intensity** — Take each stretch to the point of tension, not pain.

**Time** — Hold each stretch for 10-60 seconds; your stretching routine should last between 5-10 minutes per session.

**Type** — Slow, controlled static stretches are best for increasing joint flexibility over the long term.

— Full range of motion, active stretching is best for warm-up routines before your exercise session.