

# Stretching Exercises

There are three types of stretching you can do, dynamic, ballistic and static.

Dynamic stretching is where you ramp up muscle flexibility by doing the movements at a gentler gradient you plan on doing for your main workout. This is the best to do before your exercise routine as it gears the muscles up appropriately. Start each of your core exercises at 40% of your capacity so you can warm into them. This can make you stronger, faster and more agile for the same time effort.

Ballistic stretching is where you warm up with repetitive, bouncing movements. Because it can easily cause injury it is best avoided completely

Static stretching is where you stretch a muscle group to its limit then hold that position for 20-30 seconds. If done before a workout it can reduce the force your leg muscles generate by as much as 30%. It is best done after your exercise routine to further challenge and make more flexible your warmed up muscles.

Just to repeat, dynamic stretching is best for warming up, static stretching is better for cooling down and avoid ballistic stretching completely. From:

[http://www.cmcrossroads.com/bradapp/docs/rec/stretching/stretching\\_4.html](http://www.cmcrossroads.com/bradapp/docs/rec/stretching/stretching_4.html)

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Dr. Al Sears says of lower back pain:

...your body wasn't designed to spend 6-8 hours a day sitting down. And all this sitting can put enormous pressure on your hip-flexor muscles - a major cause of low-back pain.

Stretching your hip-flexor muscles several times a week can prevent this kind of pain.

Here's how to do this stretch:

1. Stand up straight with your right foot forward and left foot back. Keep both feet flat on floor.
2. Put your hands on your hips and keep your back and hips in straight alignment
3. Push forward with your hips, while maintaining your erect posture. Slowly, push your hips forward only until you feel a comfortable level of tension in the front of your left hip.
4. Hold for 10 seconds.
5. Then switch sides by reversing your leg stance and repeat.

This is just one simple exercise that works for me. I've also seen many of my patients get rid of their lower-back pain by just doing this one exercise for a few days.

1



Interlace your fingers together over your head with palms facing up, extend the stretch to your whole body.

2



Place your fingers together with your palms facing out. Your arms at shoulder height and slowly rotate the upper body. Alternate.

3



Place one hand on the side of your hip and the other hand up in the air. Lean sideways towards the hand on your hip. Alternate.

4



Interlace your fingers together behind your back. Lift up your hands whilst opening your chest. Try not to tilt your upper body forward.

5



Interlace your fingers with your palms facing forward. Round your shoulders to the front and push your hands forward.

6



Grip your wrist with the other hand and pull down. Tilt your head in the same direction as the arm extension. Alternate.

7



Straighten your arm across the front of your chest, hold that elbow with the other hand and pull toward your chest. Try not to rotate upper body. Alternate.

8



Position your bent arm behind your head with your fingers facing down. Grip your bent elbow with your other hand and slowly push down. Alternate.

9



With feet shoulder width apart, take a medium step forward with one leg. Place both hands on front leg's knee, move your upper body forward, simultaneously push down your back leg's heel to the floor. Alternate.

10



Sit on the floor with your legs bent and both soles of your feet together. Pull your feet towards your body as close as you comfortably can. Bend your upper body forward.

11



Sit on the floor with one leg straight and your toes facing up. Bend your other leg so that the sole touches the inner thigh of the straight leg. Lean forward. Alternate.

12



Lie on your back with one leg bent towards your chest. Keep your other leg as straight as you comfortably can. Grip your bent leg at the knee and pull toward chest. Alternate.

13



Lie face down on the ground with one leg straight and the arm on same side straight over your head. Bend your other leg back. Grip your bent leg by the toes with the hand on the same side. Pull that foot toward to the buttock. Do not bend your back. Alternate.

14



Lie on your back with one knee bent and the other straight. Pull bent knee to the across your body to the floor by opposite hand. Rotate your lower back in the same direction. Try to keep your shoulders flat to the floor

15



Lie on your back with arms over your head and your toes pointed. Stretch both hands and both feet, away from the centre of your body, at the same time.