

Brad Walker

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This is a personalized InstantStretch routine for John Smith.

General Instructions for John Smith..

Stretching exercises should only be performed after a warm up has been conducted. A warm up will prepare your muscles for the following stretching exercises by increasing blood flow, which in-turn increases the delivery of oxygen and nutrients to the working muscles. A warm up should consist of gentle physical activity for about 5 to 10 minutes and result in a light sweat.

Perform each stretch gently and slowly and avoid any bouncing or jerky movements. Stretch only to the point where you can feel tension in the muscle group and never stretch to the point of pain or discomfort. Breathe slowly and deeply while perform-ing each stretch.

After reading the description and viewing the accompanying picture on the next page/s move your body into the stretch position and hold each stretch for 20 to 30 seconds. Relax for 15 to 20 seconds between each stretch and perform each stretch 2 to 3 times.

Please note; stretching exercises are beneficial for the prevention and long term rehabilitation of sports injury, however they should not be used in the early stages of injury rehabilitation. Stretching during this early stage of the rehabilitation process may cause more damage to the injured tissues. Avoid all stretching during the first 72 hours after any soft tissue injury.

These are general instructions, which are suitable for most people most of the time. Please refer to the additional notes below for specific instructions that relate to your unique requirements.

Disclaimer John Smith.

The stretching exercises presented in this routine are intended as an educational resource and are not intended as a substitute for proper medical advice. Please consult your physician, physical therapist or the person who gave you this routine before performing any of the stretching exercises described in this routine, particularly if you are pregnant, elderly or have any chronic or recurring muscle or joint pain. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

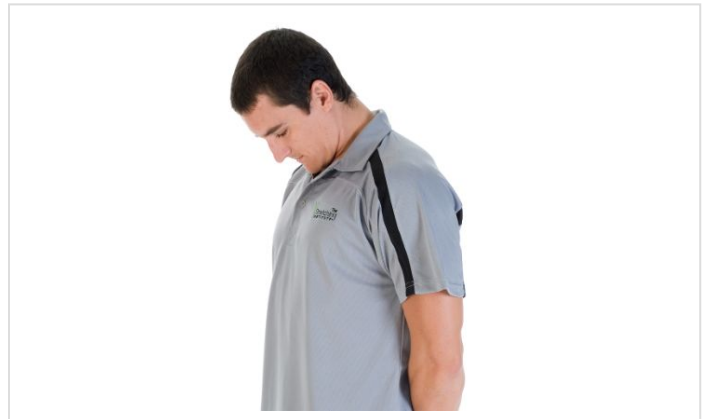
Routine created by InstantStretch
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A03 – Forward Flexion Neck Stretch:

Instructions: Stand upright and let your chin fall forward towards your chest. Relax your shoulders and keep your hands by your side. .

Primary muscle group: Neck

Secondary muscle group: Upper Back



K03 – Standing Heel-back Achilles Stretch:

Instructions: Stand upright and take one big step backwards. Bend your back leg and push your heel towards the ground. .

Primary muscle group: Lower Calves

Secondary muscle group: Ankles & Feet



K04 – Leaning Heel-back Achilles Stretch:

Instructions: Stand upright while leaning against a wall and place one foot behind the other. Make sure that both toes are facing forward and your heel is on the ground. Bend your back leg and lean towards the wall. .

Primary muscle group: Lower Calves

Secondary muscle group: Ankles & Feet

