


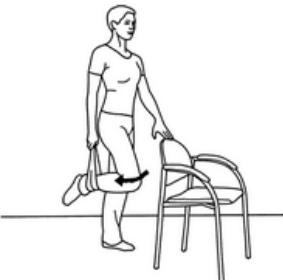
Flexibility Exercises in Standing

Why should I do flexibility exercises?




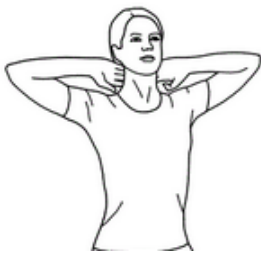
Regular flexibility exercises help maintain the movement of your muscles and joints. If you include flexibility exercises in your daily routine, you may find that it is easier to carry out your everyday activities with less discomfort.

Which flexibility exercises should I do?


Flexibility or stretching exercises are best done after a short aerobic warm up (5-10 minutes of an activity like brisk walking). Do these exercises to break up periods of prolonged standing or before engaging in an activity.

 <p>©PhysioTools Ltd</p>	<p>Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair. Lean your body forwards and down until you feel a stretch in the calf of the straight leg.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times each leg.</p>
 <p>©PhysioTools Ltd</p>	<p>Stand holding onto a support. Bend one knee and put a towel around your ankle.</p> <p>Hold the towel and pull the ankle towards your buttock. Tighten the buttock muscles and straighten your hip. Do not arch your back. You should feel a stretch at the front of your thigh.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times each leg.</p>

TIPs – Tailored Intervention Protocols

 <p>©PhvsioTools Ltd</p>	<p>Stand with the leg to be stretched on a footstool. Straighten your knee and pull up your toes</p> <p>Now bend your upper body forwards from your hips keeping your back straight. You should feel a stretch behind your knee and thigh.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times each leg.</p>
 <p>©PhvsioTools Ltd</p>	<p>Stretch one arm over to the opposite shoulder by pushing it at the elbow with your other arm. Feel a stretch at the back of the shoulder and through the shoulder blade.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times with each arm.</p>
 <p>©PhvsioTools Ltd</p>	<p>Stand with your hands behind your back. Try and slide one hand up along your back. You should feel a stretch at the front of your shoulder.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times with each hand.</p>
 <p>©PhvsioTools Ltd</p>	<p>Stand with your hands behind your neck, elbows pointing forward. Move your elbows out to the side. You should feel a stretch across your chest and in the front of your shoulders.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times.</p>

TIPs – Tailored Intervention Protocols

 <p>©PhysioTools Ltd</p>	<p>Stand with your hands on your shoulders. Bend sideways at the waist. You should feel a stretch along your side.</p> <p>Hold 10 seconds.</p> <p>Repeat 3 times to the left, then to the right.</p>
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How do I know I am doing the exercises correctly?

- When you are stretching, you should feel a slight pulling sensation. This may decrease as you hold the stretch.
- It is important to stretch gently and remember that you **should not feel pain**. If a stretch becomes painful, stop.
- If you continue to have trouble with an exercise, consult a health professional.