

MIDDLEBURY COLLEGE  
SPORTS MEDICINE

Static Stretching Instructions

1. Hold each stretch for 15-30 seconds and repeat 2-3 times each.
2. You should feel a mild pulling as you stretch the muscles, this should not be painful.
3. Do not bounce as you stretch, just relax and exhale as you stretch the muscle.

Hamstring Stretch

Standing on one leg foot facing forward with opposite leg up on table at hip height, lean or pull your upper body towards leg on table. You should feel a stretch in hamstring of leg on table. Hold for 20-30 second. Repeat 3 times.



Groin Stretch

Standing- same as stretch above, but open up stance foot should be facing parallel with table. Reach arm up and over head for more of a stretch. Hold for 20-30 seconds. Repeat 3 times.  
Sitting (aka Butterfly Stretch)- sit on floor with knees bend and bottoms of feet pulled together, put your hands around your ankles. Keeping your back straight slowly lean forward and use elbows to carefully press down on your knees. You should feel a stretch at the inner thigh. Hold for 20-30 seconds. Repeat 3 times.



## Quad/Glut Stretch

Quad- standing with back to table, bring one foot up to rest on table behind you you're your opposite foot pointing straight ahead. Then lean back bringing glut/hips towards foot on table. Hold for 20-30 minutes. Repeat 3 times.

Glut\*- Standing on one leg bring your opposite leg into Figure 4 position on table. Lean forward into leg on table. Hold 20-30 minutes. Repeat 3 times.

\*You can also do this stretch laying down on your back with your feet flat on a table or floor. Cross one of your ankles over you opposite knee. Place your hands behind your opposite thigh and pull your leg towards you. Keep your head and shoulders in contact with table or floor throughout stretch. Hold for 20-30 seconds. Repeat 3 times.



### Hip flexor Stretch

Get into a kneeling lunge position, back knee in contact with floor and front knee in 90 degree flexed position and foot flat on the floor. Lunge forward with hips and reach arm on same side as kneeling leg up over head. Hold for 20-30 seconds. Repeat 3 times.



### Calf Stretch

Gastrocnemius- Standing a few feet away from a wall and put one foot behind you ensuring your toes are facing forward. Keep your heel on the ground and lean forward keeping that leg straight while your opposite knee bends. Adjust distance between you and the wall to get the best stretch in calf area. Hold for 20-30 seconds. Repeat 3 times.

Soleus- Do the same as above, but this time bend your knee slightly as you continue to keep your heel on the ground. This will target and stretch your other calf muscle. Hold for 20-30 seconds. Repeat 3 times.



## Shoulder Stretches

### Cross-Body Arm Stretch

Cross a straight arm across your chest and use your opposite hand to gently pull your upper arm closer to your body. Hold for 20-30 seconds. Repeat 3 times.



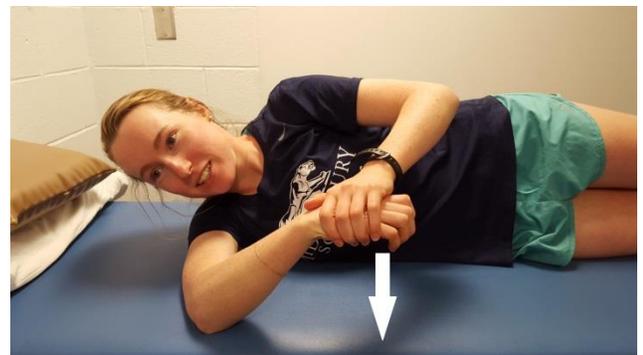
### Corner Stretch

Find a corner of a room. Stand facing the corner and put your arms up on the walls at a 90-degree angle, elbows just a little lower than your shoulder, palms of your hands and forearms against the wall. Inhale and gently pull your shoulders down while pressing your forearms against the wall. Exhale and take a step forward with one foot and lunge towards the corner. Hold this position for 20-30 seconds. Repeat 3 times.



### Sleeper Stretch

Lie on a table or floor, on your affected side, with the shoulder and elbow flexed to 90-degrees. Shoulder blade can be stabilized by leaning against a wall. Using your opposite hand gently apply pressure downward to top of your hand and forearm, pushing your forearm towards the table or floor. Hold this stretch for 20-30 seconds. Repeat 3 times.



### Triceps Stretch

Reach your affected arm up and over your head, placing your opposite hand on the front of your elbow. Gently pull your elbow back until you feel a stretch. Hold for 20-30 seconds. Repeat 3 times.



### Apley's Shoulder Stretch

Reach one arm straight up, then bend elbow and let hand fall behind your head. Move opposite arm behind back and bend the arm, letting the back of your left hand rest against shoulder blade. If fingers touch grasp together and slightly pull up on lower hand and hold for 15 seconds, then pull down on upper hand and hold for 15 seconds. Repeat 3 times. If you cannot reach your fingertips of the opposite hand, use a towel/rope to assist with this stretch.



### Physio Ball Chest Stretch

Begin lying on a Physio Ball with your back, shoulder, and neck full supported. Knees should be bent at 90-degrees and hip-width. Knees should stack over ankles. Bring arms out wide. Hold for 20-30 seconds. Repeat 3 times.



### Forearm Stretch

Straighten the arm to be stretched and lay the fingertips into the palm of your other hand. Position the hand of your stretched arm so that the palm is facing down with the thumb pointing inward. Pull back on the fingers of your straight arm until you feel a stretch in your forearm. Hold for 20-30 minutes. Repeat 3 times.



### Neck Stretches

#### Side Neck Stretch

Sit on floor with legs crossed. Place left hand up and over to right side of head and gently pull head towards left shoulder, keeping your shoulder down and level. You should feel a stretch on the right side of your neck. Hold for 15-20 seconds. Return to start and repeat on opposite side. Repeat 3 times each side.



#### Behind the Back Neck Stretch

Standing with feet hip distance apart, hands are clasped behind your back and arms straight. Keeping shoulders level move head sideways to the right, feeling a stretch on the left side. Hold for 20-30 seconds. Switch and do same on the opposite side. Repeat 2 times each side.



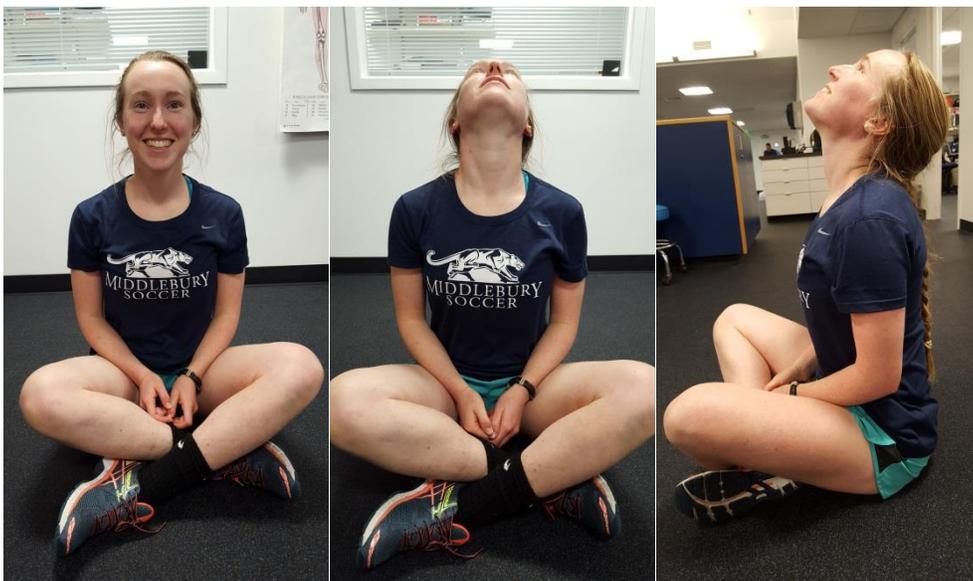
### Forward Neck Stretch

Sit comfortable in a chair or on the floor. Clasp your hands and put your palms on the back of your head. Sitting up straight begin to gently press your hands down toward your thighs, tucking your chin into your chest. As you press down, use the heels of your palms to pull your head away from your shoulders. This movement will make stretch more intense. Hold for 20-30 seconds. Slowly lift your head up and release your hands. Repeat 3 times.



### Head Drop Extension Stretch

Sitting on a table/floor with head facing forward. Slowly move head up and backwards, bringing you chin towards the ceiling, as far as you can comfortably go. Hold for 15-20 seconds and then return to starting position. Repeat 3 times.



## Rotation Neck Stretch

Standing or sitting start with straight back shoulders level and head looking forward. Slowly rotate your head to the left, looking over your left shoulder and hold for 20-30 seconds, then return to starting position. Do the same on the right. Repeat 2 times each direction.



## Back Stretches

### Knee to Chest

Lie on your back with both legs out straight. Bring one leg up, knee bent, towards you and pull your knee to your chest. You should feel this in your lower back. Hold for 20-30 seconds. Switch legs and do the same movement on the opposite side. Repeat 2 times with each leg.



### Both Knees to Chest

Lie on your back with both legs out straight. Bring both legs up with both knees bent towards you and pull your knees to your chest. You should feel this in your lower back. Hold for 20-30 seconds. Repeat 3 times.



### Seated Spinal Twist

Sit with knees bent and left leg stacked on top (or sit with legs crossed). Extend right arm, placing it on outside of left knee. Place left hand on floor behind you and twist gently to left, moving head and shoulder with torso. You should feel a stretch up and down spine. Hold for 15-20 seconds. Return to center, switch legs, and repeat on right side. Repeat 2 times each side.



### Yoga Child's Pose

Lying face down on floor with knees tucked under you and arms extended in front so you feel a stretch from shoulders to lower back. Hold for 20-30 seconds. Repeat 3 times. \*Slowly walk arms to the right to extend torso and stretching left side, then walk your arms to the left to extend torso and stretching right side. Hold 15-20 seconds. Repeat 2 times to each side.

