









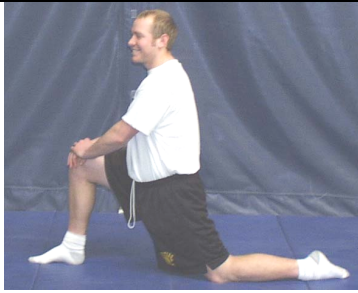




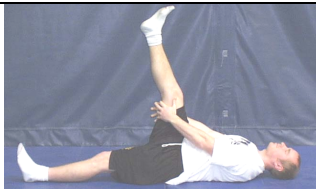






Stretch	Image	Cue Words
<p>Neck <i>Erin Kommerstad</i></p>		<ul style="list-style-type: none"> * Pull head towards shoulder while looking straight ahead * Repeat for opposite direction and in front (pull chin towards chest)
<p>Lateral Deltoid (Side of shoulder) <i>Bob Vaughn III</i></p>		<ul style="list-style-type: none"> * Keep elbow straight on arm being stretched * Pull arm towards body * Look straight ahead * Repeat for opposite arm
<p>Anterior Deltoid (Front of shoulder) <i>Curt Baldus</i></p>		<ul style="list-style-type: none"> * Keep arms shoulder width apart * Slight bend in elbows * Slide buttocks further from arms to increase intensity of stretch
<p>Bicep and Forearm (Front of arm) <i>Lea Howard</i></p>		<ul style="list-style-type: none"> * Pull fingers towards back of arm with opposite hand. * Keep elbow straight but do not hyperextend it. * Repeat for opposite arm
<p>Triceps (Back of upper arm) <i>Brady Finnern</i></p>		<ul style="list-style-type: none"> * Pull the bent elbow down and across the back side of the head with opposite arm * Repeat for opposite arm

<p>Partner Pectoral Stretch (Chest) <i>Cindy Sonntag & Michelle Schaefer</i></p>		<p>* Person being stretched: stand straight up, keep arms straight, and cue partner as to when to stop</p> <p>* Person assisting: Pull partners arms back keeping them parallel to the ground.</p>
<p>Pectorals (Chest) <i>Kristin Johnson</i></p>		<p>* Place forearm on study surface (wall)</p> <p>* Rotate upper body away from wall</p> <p>* Arm can be bent at 90 degrees or kept straight</p> <p>* Repeat on opposite side</p>
<p>Spinal Twist (Back) <i>Amanda Stoeckel</i></p>		<p>* Cross one bent leg over the other</p> <p>* Twist upper body in the direction of the bent leg</p> <p>* Use one arm to stabilize on the ground and the other to apply pressure onto the outside of the knee</p> <ul style="list-style-type: none"> • Repeat in opposite direction
<p>Erector Spinae (Lower back) <i>Laura Paddack</i></p>		<p>*Bend knees</p> <ul style="list-style-type: none"> • Pull legs (from behind the knees) towards the chest
		<p>* Sit with buttocks and back flat</p>

<p>Wall sit (Back: posture improvement) <i>Bruce VanDuser</i></p>		<p>against the wall</p> <ul style="list-style-type: none"> * Hold upper arms parallel to the ground while bending the elbows at 90 degrees * Keep back of hands flat against the wall * Keep head against the wall
<p>Cat Arch Stretch (Back) <i>Bob Vaughn III</i></p>		<ul style="list-style-type: none"> * Keep arms straight and shoulder width apart * Keep a round back and let head hang to create a “cat arch” look
<p>Quadratus lumborum (Side stretch) <i>Emily VanHee</i></p>		<ul style="list-style-type: none"> * Reach both arms to the side and bend at waist * Can be done standing or seated * Repeat in opposite direction
<p>Abdominals (Stomach) <i>Bob Vaughn III</i></p>		<ul style="list-style-type: none"> * Push upper body up with straight arms <ul style="list-style-type: none"> • Keep head in normal alignment (do not pull it back or let it hang forward)
<p>Abdominal Curl <i>Erin Kommerstad</i></p>		<ul style="list-style-type: none"> * Curl upper body towards knees * Keep low back pressed to floor * Decline until shoulder blades touch the ground
<p>Hip Flexors (Front of hips) <i>Curt Baldus</i></p>		<ul style="list-style-type: none"> * Keep upper body upright * Keep knee behind toes * Push hips forward * (This picture demonstrates a left hip flexor being stretched)

		* Repeat for opposite leg
Z – Sit (External rotators) <i>Emily VanHee</i>		* Sit upright * Use hands to stabilize and maintain upright posture * Repeat in opposite direction
Abductors (Side of hips) <i>Amanda Stoeckel</i>		* Pull leg across the body with the knee bent at 90 degrees * Look in opposite direction * Repeat for opposite leg
IT Band (Outside of upper leg) <i>Brian Bergstrom</i>		* Bend one leg at 90 degrees and cross the other leg over * Place one hand at the ankle and the other behind the knee and pull both legs towards the chest * (This picture demonstrates a left leg IT Band stretch) • Repeat for opposite leg
Adductors (Groin) <i>Kristin Johnson</i>		* Place soles of feet together * Place hands on lower leg or ankle * Pull feet towards groin * Apply downward pressure on the inside of the knees with elbows * Sit upright
		* Pull straight leg toward body

Hamstrings (Back side of upper leg) <i>Curt Baldus</i>		<ul style="list-style-type: none"> * Repeat for opposite leg
Hamstrings (Back side of upper leg) <i>Brian Bergstrom</i>		<ul style="list-style-type: none"> * Reach for ankles or feet * Keep back straight and head in normal alignment
Hamstrings (Back side of upper leg) <i>Tiffany Alstead</i>		<ul style="list-style-type: none"> * Lie at the edge of a wall, corner, or door frame * Rest one leg on the ground while the other is kept straight against the wall
Quadriceps (Front side of upper leg) <i>Brady Finnern</i>		<ul style="list-style-type: none"> * Pull heel towards buttocks * Can be done standing or lying on side * Repeat for opposite leg
Gastrocnemius and Soleus (Calf) <i>Laura Paddack</i>		<ul style="list-style-type: none"> * Keep one leg straight and try to keep heel on the ground * Let opposite foot rest on back of the stretched leg's heel * Slight knee bend creates a stretch in the lower calf
Gastrocnemius and Soleus (Calf) <i>Brady Finnern</i>		<ul style="list-style-type: none"> * Press toes against a sturdy surface (wall) * Keep leg slightly bent and let heel rest on the ground * Straight leg creates a stretch in the upper calf



* Repeat for opposite leg

Dorsi-Flexors
(Front of shin)
Beth Luegge



* Place the stretched leg in front of opposite leg

* Push top of toes on stretched leg into the ground

* Repeat for opposite leg

Dorsi-Flexors
(Front of shin)
Katie Skrypek



* Sit on knees with shins flat against the ground.

* Keep top of foot as flat as possible

* Lean back and press down with hands for deeper stretch

Deep Breathing
Katie Skrypek



- * Deep breathing should be performed in a comfortable body position.
- * Your stomach should expand while you inhale and contract while you exhale.
- * Exhale fully and slowly
- * Do 5 to 8 deep breaths in this manner

Special Thanks To:



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**Manual Designers:
Brian Bergstrom
&
Kate Reiman**

☆☆Human Performance Lab☆☆

☆☆Stretching Manual☆☆

General Stretching Guidelines:

- Frequency: Four to seven times a week (after activity)
- Intensity: Stretch to a point of tension, **NOT PAIN**
- Time: Hold each stretch for 10-20 seconds – Approximately 10 minutes total
 - Stretching is most effective after an activity session. Your muscles are warm and therefore they can stretch further. This will allow for a more effective stretching program and it will increase your flexibility. Stretching after activity is also a good time for your body to relax.