
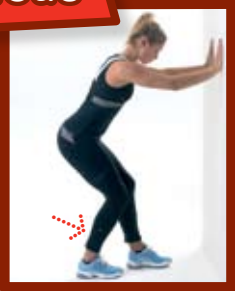


## Introduction to Developmental Stretch:

All major muscles cross over a joint and allow joint movement to happen. If a muscle or group of muscles becomes too tight it restricts joint movement. The purpose of developmental stretching is to improve the length of the muscle or group of muscles around the joints and allow a full and natural RANGE OF MOTION (ROM) at the given joint thus reducing the risk of injury.

Follow the diagrams carefully and ensure your posture is always good when carrying out a stretch. Start to ease into the stretch until you feel a gentle pulling in the stretching muscle (just before the point of pain) hold this position for a few seconds until the sensation reduces, then ease slightly further until the sensation returns. Hold this position for about 30 seconds.

Remember, stretching should not be painful. If you stretch too aggressively you will tighten and damage the muscles. Be sure of your technique; if you are in doubt stop and ask for advice from a trained professional.

Muscle Group	Instruction	Safety Instructions
<div data-bbox="124 1261 304 1310" style="background-color: #c00; color: white; padding: 5px; font-weight: bold;">Gastroc</div> 	<ul style="list-style-type: none"> <li>• Support hands on a wall elbows slightly bent.</li> <li>• Take a step back, keep foot straight and under hip.</li> <li>• Keep rear knee straight, tense thigh muscle.</li> <li>• Keep front knee slightly bent, knee behind toe.</li> <li>• To increase the stretch take a greater step back.</li> </ul>	<p style="text-align: right;"><b>HOLD TIME:</b> 10 – 12 seconds</p>
<div data-bbox="124 1720 276 1765" style="background-color: #c00; color: white; padding: 5px; font-weight: bold;">Soleus</div> 	<ul style="list-style-type: none"> <li>• As above but bend rear knee.</li> <li>• Keep rear heel in contact with ground.</li> <li>• Ease front of shin down towards second toe.</li> </ul>	<p style="text-align: right;"><b>Move into position smoothly and slowly; this allows a more effective stretch.</b></p> <p style="text-align: right;"><b>HOLD TIME:</b> 10 – 12 seconds</p>

## Muscle Group

## Instruction

## Safety Instructions

### Hamstring



- Lie on your back, loop a towel or band around the foot of leg to be stretched.
- Keep opposite leg bent and foot flat on the floor.
- Keep the stretching leg knee straight & foot relaxed.
- Raise the stretching leg approaching 90° degrees to the floor. Keep band or towel taut.
- Try to relax head and shoulders on the floor while stretching.

Hold still at end of range for 30 seconds.  
**DON'T BOUNCE**

**HOLD TIME:**  
10 – 12 seconds

### Adductors Long



- Sit facing a wall, sitting tall through spine.
- Place hands on floor just behind hips to support upper body weight.
- Spread your legs wide, feet flat against the wall heels to the floor.
- Gradually lean towards the wall maintaining straight back, head up looking towards the wall.

A 5 min mobilisation and warm-up of joints is advisable before undertaking developmental stretching.

**HOLD TIME:**  
10 – 12 seconds

### Adductors Short



- Sit on the floor with soles of feet together, sit tall through spine.
- Hands on ankles, elbows on inside of knees.
- Gently press elbows onto knees until sensation is felt on inside of thigh/groin.

**HOLD TIME:**  
10 – 12 seconds

### Quads



- Lie on side, hold top of foot of upper leg.
- Keep knees hip width apart.
- Hips pushed gently forward.
- Heel of foot pulled towards bum.

**HOLD TIME:**  
10 – 12 seconds

### Glutes



- Lie on your back, bring both knees into the chest.
- Place outside of the ankle of the side to be stretched on the opposite knee.
- Place both hands behind the supporting leg and pull the leg into the chest.

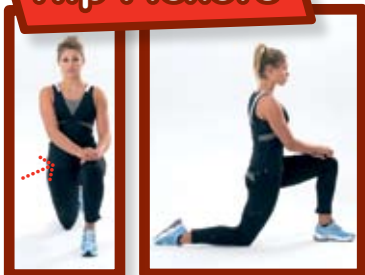
**HOLD TIME:**  
10 – 12 seconds

## Muscle Group

## Instruction

## Safety Instructions

### Hip Flexors



- Kneel one knee on floor.
- Pivot on rear knee to open angle in front of hip.
- Push hips forward and tuck bum under.
- Ensure knee is on a soft mat and pressure is taken above knee cap.

**HOLD TIME:**  
10 – 12 seconds

### QL/Obleques



- In standing position cross right leg over left, drop hip out to right.
- Raise right arm and stretch up.
- Then gently take arm over head continuing to push up.
- Feel for sensation between bottom of ribs and top of hips.

**HOLD TIME:**  
10 – 12 seconds

### Lats



- Hold on to secure bar or handle with one hand.
- Sit back as if water skiing with weight into heels.
- Drop head to look at floor.
- Move hips away to the opposite side from support arm.

**HOLD TIME:**  
10 – 12 seconds

### Pecs



- Stand level with a wall or door frame.
- Hold the arm up and to the side, so elbow is slightly higher than shoulder and elbow is at 90° degrees.
- Place flat of palm and elbow against door frame.
- Outside leg step forward.
- Rotate hips and shoulders away from door frame.

**HOLD TIME:**  
10 – 12 seconds

### Triceps



- Stand with feet shoulder width apart.
- Place one hand between shoulder blades, elbow above head.
- Place opposite hand on elbow.
- Gently ease the elbow down until a sensation is felt in the back of the arm.
- Try to keep head up in neutral position.

**HOLD TIME:**  
10 – 12 seconds